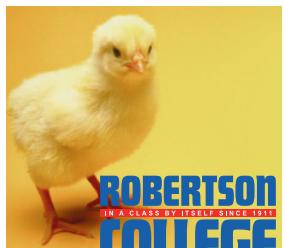


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Guilty pleas to lesser charges in beating case

COURT The family members of a teenager who was viciously beaten are distraught that two suspects in the case pleaded guilty to lesser charges in court yesterday.

Robert Palmer said he is disappointed his son Blair, who was 18 at the time of the 2007 attack, won't have his day in court to detail the agony he has lived with since being left with brain injuries at the hands of his alleged teenage attackers.

Though he holds no ill will towards the justice system, Palmer had sharp words for the witnesses who did not step in.

"Let's put the blame where it really belongs — on the people who did it and those who did nothing."

The suspects cannot be named. Both pleaded guilty to causing a disturbance by fighting.

Other charges, including aggravated assault, have been dropped.

KRISTA SYLVESTER/METRO CALGARY



Wayne Frisch is heading a coalition of his neighbours in Rutland Park to stop a cellphone tower from being built in their subdivision.

Don't be fooled by drop in city hate crimes, officer says

KRISTA SYLVESTER
krista.sylvester@metronews.ca

STATSCAN Calgary is no longer the hate-crime capital of Canada, but city police say the numbers in a new Statistics Canada report can be misleading.

While the report released yesterday indicated there were 1,036 reported hate crimes in the country in 2008 — a 35 per cent spike — Calgary dropped to 57 reported hate crimes, down from a leading 83 in 2007.

But Calgary police hate-crimes co-ordinator Const. Brian Denison said he is reluctant to get too excited about the statistics, since most hate crimes and hate-motivated incidents go unreported.

"In reality we know hate crimes are under-reported, and our goal is to educate people and let people know every hate incident and every hate crime should be reported," Denison said.

According to the report, 55 per cent of national hate crimes were related to ethnicity — with 43 incidents in Calgary alone.

Calgary musician Tristin Chanel is not surprised as she was the recent victim of an extreme case of racism in the city.

"I am really disappointed but I do see it all the time, and even though I've lived in New York, Toronto and other big cities, I see racism the most in Calgary," Chanel said.

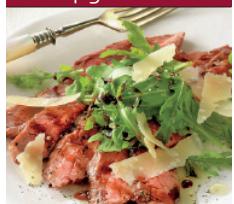
"It's really sad because you would think it would be going away, but it seems like it's getting worse and being instilled in children."

MORE COVERAGE, PAGE 6

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Food pg 20



Father's BBQ favourites

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Cell tower application incomplete: Residents

Claim not all homeowners near Rutland site were notified

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Rutland community residents say they are getting static from the city regarding a proposed Rogers cellphone tower planned for the southwest community.

Rutland resident Wayne Frisch claims the City of Calgary erroneously drew up a range of homeowners living within 300 metres of the tower site. He says all applicable homeowners should have been notified by Rogers about the proposed 25-foot tower planned for the Grace Lutheran Church.

"We feel like (the city has) been almost deceptive in the process and it's disappointing."

Resident Rod Morgan

"The city in over-extending itself plotted the 300 metres incorrectly and gave an incomplete list (of homeowners) to Rogers, so we feel this makes the Rogers application incomplete," Frisch alleged.

But the city disagrees and senior planner Nick Makale said the city did everything by the books, including an open house information session, and the application will ultimately be up to Industry Canada to approve.

"We followed the protocol and the process properly and we feel we have done everything right. This is what we do for our job," Makale said.

But fellow Rutland Park resident Rod Morgan said 90 per cent of the community does not want the tower.

"We feel like they have been almost deceptive in the process and it's disappointing," he said.

Makale said Rogers actually went above and be-

yond in contacting residents living within 300 metres of the site, since federal law stipulates the company only needed to reach those living within 75 metres.

"And the point of placing it by the church is to camouflage the tower behind the tallest building in the neighbourhood," he added.

But residents aren't buying it and have even approached area MLA Alison Redford, who wrote a letter to the city last week regarding her concerns about the consultation process.

Rogers Communications could not be reached for comment.

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Local



Hammond to play reggae fest

Calgary reggae lovers will be jammin' this summer at the Calgary Reggae Festival, on Saturday, Aug. 21, as organizers announced yesterday the return of international reggae superstar Beres Hammond, left, to the city. ReggaeFest Mainstage tickets are on sale at Calgary Co-Op stores and at ticketweb.ca. More information on ReggaeFest 2010 can be found at reggaefest.ca.

METRO CALGARY

News in brief

OIL Up to \$170 million will be saved by oil and gas companies with regulatory changes that are already underway the province said yesterday. Simplification and streamlining of processes and the improved access to regulatory information for the oil and gas companies should prove to save the corporations between 80 and 170 million, according to the report. **METRO CALGARY**

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Calgary Tweets

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For the record: the 2-member NDP caucus gets \$560,654 in caucus funding. The 3-member Wildrose gets \$341,812. So much for fairness.

@hillasfamily In from mowing the lawn. done before it starts to rain in #yyc A note to the robins in our yard "I mean you no harm".

@kasmrae It's amazing how fast road work at 68th St NE and 16th Ave is NOT progressing. #yyc
@fraserd WOW Telus now requires your SIN number over the phone to setup an account!!! TV must be getting expensive!!! #TELUS #YYC #Privacy

metronews.ca

WHAT'S ONLINE TODAY

Video Oxfam's Toronto office welcomes G8 heads of state ... giant papier mache heads, that is. More at metronews.ca/canada
Your Money Allan Small on putting all your eggs in the real estate basket at metronews.ca/investing



Housing debate gets heated

KATIE TURNER
for Metro Calgary

The first mayoral debate heated up yesterday as nine of the 10 candidates came together to discuss affordable housing.

Of the candidates, Craig Burrows, who was hosting a campaign event of his own, wasn't able to attend the Avenue Magazine Big Idea 2010 event, which at times became confrontational.

"My nine years on council, I'm happy to say I've had the opportunity to do some of the work on homelessness," said Ald. Ric McIver during the panel discussion, adding that he recently pushed for the policy on secondary suites.

However, fellow candidate Naheed Nenshi was quick to shoot down McIver.

"Alderman McIver's proposal is not to create a policy — it's for administration to create a report to start thinking about what a policy might look like and to report back next January long after the elec-



Mayoral hopeful Naheed Nenshi, centre, answers a question as Ald. Ric McIver, left, and Wayne Stewart look on during yesterday's The Big Idea 2010 debate.

tion," said Nenshi. "We've got to move much faster on this."

After the panel, McIver said he wasn't bothered by the criticism.

"If people want to build the mousetrap different, that's OK but I have a plan

that will work and will provide many, many more affordable housing units," he said.

Candidate Jon Lord, a former alderman, said that some of his fellow candidates have changed their views on affordable hous-

ing.

"Of course it's a bandwagon thing now there's an election on, suddenly everybody's a proponent," he said. "I have a very simple rule, look at track record. Where were these guys 10 years ago?"

Man sought for allegedly scamming seniors

KRISTA SYLVESTER
krista.sylvester@metronews.ca

agreed to take out a loan in 2006 using their southeast home as collateral from a man who "cold-called" their home but the interest rate was for 65 per cent, which is against the law.

"They believed Hoffman they were signing papers for a reverse mortgage, but the papers did

not reflect a reverse mortgage, nor did it give the couple any rights to remain in their home," Const. Karen Moffatt said.

Moffatt said the suspect initiated foreclosure on the couple's home when they couldn't pay him back \$150,000 for borrowing \$84,000, which has since

been issued a court injunction pending the investigation. "They didn't understand and they were explained one thing and signed a document that said another thing."

Richard William Hoffman, 38, is being sought on charges of unfair practices under Alberta's Fair Trading Act, as well as with criminal interest rate under the Criminal Code.



Wildrose denied extra funding by province

POLITICS An all-party committee of the Alberta legislature has blocked giving extra money to the Wildrose Alliance caucus.

Tories on the Members' Services Committee voted against the motion that would have seen the three-member Alliance caucus get as much funding as the two-member NDP.

The Wildrose caucus currently gets just under \$395,000, according to figures read out at the meeting, and the motion would have added another \$233,000 to pay for research, communications and staff.

The NDP currently gets just under \$561,000.

Government members of the committee argued that the Wildrose was asking for a leader's allowance and party leader Danielle Smith does not hold a seat in the legislature.

Opinion polls have suggested the Wildrose Alliance is taking a bite out of Tory support and two of the party's three caucus members once called the government benches home.

THE CANADIAN PRESS

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Today, police will be re-enacting the robbery of a Medicine Shoppe pharmacy at 2303 – 4 St. SW that occurred last month where a shot was fired during the ordeal. They will also be releasing closed-circuit surveillance footage of two men they believe have information related to the incident. METRO CALGARY

Women not stepping up to the political plate

Female representation on Calgary council, at 21 per cent, one of lowest in cities polled

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Calgary has one of the lowest rates of female city council representation of major cities across the country, a trend many would like to see changed.

With three current female aldermen on city council, and one of them — Diane Colley-Urquhart — rumoured to be gunning for the mayoral position, Calgary's women politi-

City councils in five major cities

1 Vancouver: 10 positions (four women) = 40 %

2 Edmonton: 12 positions (four women) = 33 %

3 Ottawa: 23 positions (six women) = 26 %

4 Calgary: 14 positions (three women) = 21 %

5 Toronto: 44 positions (nine women) = 20 %

Note:

All cities have male mayors

cians make up 21 per cent of the 14 aldermanic positions. In the 2007 election, only 10 out of 42 candidates were female.

It's a concern for Ward 7's Druh Farrell.

"Calgary has a rich history of women in politics, but over the last decade it has been going down and I don't know why but I think we need to examine the trend," Farrell said.

"We have a council of primarily older, white males and I think our council should better reflect the diversity of Calgary with not just gender but ethnic background."

Mount Royal University political scientist Keith Brownsey agreed — noting a couple of reasons behind Calgary's old boys club.

"Demographically, Calgary has a younger population and younger women are more focused on their careers and kids at home

"Calgary has a rich history of women in politics, but over the last decade it has been going down ... I think we need to examine the trend."

Ald. Druh Farrell

than politics," he said.

"But also, women tend to generally have less income

to reach for and it's really expensive to run for office."

Calgary's Jane Morgan, who declared yesterday in Ward 4 and is the only female candidate besides incumbents, said she thinks the winning candidate should be the best for the job — regardless of gender.

"It definitely takes a tough skin for this job but that's whether you're a female or male; some males can't handle politics and that's why they don't get into it."

News in brief

CORRECTION In Monday's edition of Metro, the story titled "Walkers aim to ease poverty" reported that 100 per cent of profits go towards the overseas projects. In fact, 100 per cent of the donations received by Aga Khan Foundation Canada through the World Partnership Walk go towards overseas projects and are not used for administrative purposes. Metro regrets the error.

PINE BEETLE Trees killed by

mountain pine beetle attacks will be replaced with aid from the Alberta government. Partnering with Tree Canada and business co-sponsors, the Alberta government is launching Alberta Mountain Pine Beetle Releaf, a program to replace trees lost to the insect infestation on private or municipal land. Funding is available to residents for replacement trees only. Treatment of infected trees or protection of established

trees will not qualify.

RAIL FIRE Firefighters responding to a rail fire were challenged by a lack of water supply Sunday night. Calgary Fire Dept. responded to the fire to find a caboose fully engulfed. They were able to bring the fire under control with the arrival of more support apparatus. The cause of the blaze is under investigation. No dollar loss is available at this time.

METRO CALGARY

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SHERRY BOYD/FOR METRO CALGARY

A new parking policy framework being discussed at tomorrow's land use, planning and transportation committee meeting includes clauses aimed at ensuring long-term bike parking is included in all new downtown developments.

Bike parking set for review

POLICY Council is looking to remedy bike parking in the city's core as they prepare to review parking strategies tomorrow.

The land use, planning and transportation committee will discuss the parking policy framework including long-stay bike parking downtown.

As a bike rider, Ald. Brian Pincott said a parking solution needs to be sought during policy meetings.

"A bike strategy is about more than just 'Where do we put the bike lanes?' It's about, 'Where do you park

Early stages

• The policy is only in the preliminary stages of discussion and Ald. Brian Pincott said the city's bike strategy won't be introduced until next year.

your bike when you get downtown? How do you park it safely when you get downtown?" said Pincott.

"It's really frustrating to be a cyclist downtown where you get somewhere and there's nowhere to park your bike, this is really frustrating."

For Sean Carter, owner of Bike Bike shop on 17th Avenue and an avid bike rider, parking his ride in the downtown core is often a struggle.

"It prevents people from riding their bicycles downtown because a lot of people have nice bikes and they don't want them to be left out in the public domain," he said.

While Carter has made sure there is bike parking in front of his shop, he often has to chain his \$1,500 bike to railings rather than racks.

KATIE TURNER/FOR METRO CALGARY

Citizens chosen for snow, ice audit

SUB-COMMITTEE Two Calgarians have been selected as members of city council's Snow and Ice Control (SNIC) performance audit sub-committee.

Tim Claughton and Robert Weaver were selected from five applicants for the volunteer positions. They will assist in overseeing the performance audit of Calgary's

current policies and practices for snow and ice control.

Public outcry from citizens about snow and ice removal has made the volunteer positions vital to the SNIC sub-committee, said SNIC member Ald. Chabot.

"It's an opportunity to supply input," said Chabot. "It's important that the

public has influence on what is a public issue."

The volunteers are expected to be fully contributing members to the committee, said sub-committee vice-chair Ald. Ray Jones.

The interim report being presented to city council is set for July 19.

The final report is set for November 2010.

JESSICA PICHE/FOR METRO CALGARY



Student pilot flips '40s biplane

Landing a 1940s biplane was tricky business, as a student pilot practising touch-and-go landings flipped the plane forward yesterday at the Springbank airport. Two people escaped without injury. **METRO NEWS SERVICES**



Alysa Hauck, 10, took part in a University of Calgary study on how to make it easier for kids to swallow pills. Bonnie Kaplan, right, initiated the study.

Easier to swallow

Head tilt lets kids take pills more easily: Study

KATIE TURNER
for Metro Calgary

Researchers in Calgary have discovered it doesn't take a spoonful of sugar to make even the biggest pills slide smoothly down tiny throats.

They've found that the secret is all in the tilt of the head.

Bonnie Kaplan studied five different positions people can take to make the medicine go down — staring straight ahead, or looking up, down, to the left or to the right.

Pressure in the throat varies depending on

which way the head faces. That means just a little turn can make a big difference in how easy it is to send something down the hatch.

"We swallow with our head straight ahead over 600 times a day. And so asking someone to swallow off-centre is a shock," Kaplan said yesterday. "They're just so disoriented. It feels so weird, they don't like it."

Still, her study showed the straight-ahead method was best for only about a third of adults who tried all five positions.

"That means maybe only a third of us are swal-

lowing the most comfortable position, even when we're good at swallowing pills."

Kaplan worked with more than 30 seriously ill children and found that within 14 days all could be taught to take adult-sized pills easily.

Working with tiny candy at first, she taught them tricks to make the pills slide down, including a "duck shake" of the head that makes a pill move back on the tongue before being swallowed.

Over time, the candies were increased in size until they were the size of a large adult pill.

News in brief

CONTRACT Nurses from across the province are meeting today to discuss a mediator's suggestions for a contract settlement. The United Nurses of Alberta says the union has received formal recommendations for a labour deal. His report has also gone to Alberta Health Services and other health employers. About 600

nurses will review the report and decide whether to take it to union members for a vote. **CONTRACT** A 61-year-old Calgary woman found dead in her home after being reported missing over the weekend died of non-criminal causes, according to results of an autopsy released yesterday. Guifen Liu was found injured

underneath the stairs in her Varsity home on Saturday. She died in hospital that night.

DAISIES City of Calgary Cemeteries will be giving away free daisies from the Queen's Park Cemetery office, 3219 – 4 St. NW, for placement at any Calgary cemetery in remembrance of dads this weekend.

METRO CALGARY

Volunteers pledge their time for art

ART Rather than a donation from the wallet, Calgary's Timeraiser is looking for a more valuable donation — your time.

For the fifth year, Calgary Timeraiser is looking for Calgarians to pledge their time to various organizations in exchange for local art.

"There's a lot of ways where this event helps different parts of the community," said Timeraiser volunteer Stew McDonough.

Corporate sponsors purchase the work of local

Fast facts

- Timeraiser originated in Toronto and is now held in seven Canadian cities.
- The goal for this year is to raise 6,500 hours.
- More than 12,000 documented volunteer hours have been raised in Calgary.

artists, which is then bid on by citizens in number of volunteer hours rather than money. Those willing citizens can dedicate their time over the period of a

year to more than 25 local volunteer organizations.

Those who complete their volunteer hours receive the art at the next Timeraiser, explained McDonough.

"A lot of people have a great deal to give and actually have that interest and wish to give but they're sitting on the sidelines and this is the opportunity."

Tickets for this Thursday's event can be purchased at www.timeraiser.ca.

KATIE TURNER/FOR METRO CALGARY

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A Montreal mother is to be charged with attempted murder after her 19-year-old daughter was hospitalized with stab wounds in what police are calling a "crime of honour." The victim – the eldest of four daughters – has severe head injuries, but her life is not in danger. METRO NEWS SERVICES

Canada



Chinese president sets up short tour

Chinese President Hu Jintao has penciled in a short official visit to Canada prior to the start of the G20 summit in Toronto. The visit, the first by a top Chinese leader since Prime Minister Stephen Harper took power, has not been officially announced, but government sources confirmed Hu is to stop in two Canadian cities.

TORSTAR NEWS SERVICE

Gay men targeted in hate crimes: Police

BIGOTRY Police services are reporting a big jump in hate crimes, and they say gay men are being targeted more often and in the most violent incidents.

Statistics Canada says police logged 1,036 hate crimes in 2008, up 35 per cent from 2007.

Just over half (55 per cent) were motivated by race or ethnicity, 26 per cent by religion and 16 per cent by sexual orientation.

The agency says all three major categories of hate crime increased in 2008, but the largest increase was among crimes motivated by sexual orientation, which more than doubled from 2007 to 2008.

Hate crimes motivated by sexual orientation were also the most violent in nature: 75 per cent of them were violent compared with 38 per cent of racially-motivated incidents and 25 per cent of religiously motivated incidents.

Among violent incidents motivated by sexual orientation, 85 per cent of the victims were male.

StatsCan reports hate crimes motivated by religion increased 53 per cent, while those motivated by race or ethnicity were up 15.

THE CANADIAN PRESS

Model blamed for soccer match mishap

Canadian split with English goalkeeper before his shocking blown save against U.S. in World Cup

To the British, she's Elizabeth Minett, the 5-foot-10 lingerie model whose memory haunted the goalie whose slippery fingers devastated the England team in the match against the U.S.

To the folks in Guelph and Muskoka, Ont., she's the gorgeous, brainy, globetrotting Lizzie, daughter of dentist Dr. Charles Minett and granddaughter of Manhattan Project scientist Ernest Everett Minett.

"She's not just gorgeous, she's dramatic gorgeous," says a woman who has known her since she was born 23 years ago into a prominent Ontario family.

Minett, who graduated from the University of Waterloo in 2008 with a degree in economics, is "very bright" as well as beautiful, she said, although asking that her name not be used. Two British tabloid newspapers, the Daily Mail and the Daily Mirror, blamed Minett yesterday for goalie Robert Green's stunning miss on a routine shot that allowed the U.S. to tie in its World Cup match against England on Saturday.

She and Green, 30, met two years ago in Toronto



Model Elizabeth Minett is seen in a frame grab from episode 1208 of Get Out! a HDNet show, as seen on the HDNet website.

ship was over many months ago. This really is not an issue and Rob has gone into the World Cup prepared mentally and as focused as possible."

Minett herself issued a terse "no comment" yesterday through two of the modelling agencies she works for: Next Models of Toronto and Elite Models, which has offices in Toronto and Miami. Minett is on the roster for the Miami TV division of Elite.

But three months ago, she was happily telling a British tabloid that she was going to South Africa to cheer Green on and would resort to "French or French-Canadian" to thwart the spies who tried to eavesdrop on the couple.

"They will not be able to understand a thing," she was quoted as saying by the tabloid Daily Star. "Even the French media will not be able to understand."

"I will put the Canadian accent on so strong. That's my plan anyway. I started learning French when I was 3 and am pretty much fluent. I even have a cousin living in Paris who is married to a Frenchman."

TORSTAR NEWS SERVICE

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Canadians feeling the pinch of time management: Study

WORK Every evening after bedtime stories with her 3- and 6-year-old girls, Toronto mother Monique Ganon returns to her home office to begin her second shift.

"It's hectic," says the self-employed bookkeeper and consummate "multi-tasker" who visits clients two days a week when her children are in daycare.

A new study being released today shows that Canadians — especially women — are caught in a time crunch.

Pressure drop

- 20 per cent of Canadians experience high levels of time crunch, up from 16 per cent in 1992.

The problem has worsened since 1992, says the Canadian Index of Wellbeing which links economic, health, social, cultural and environmental indicators to Canadians' quality of life.

Today, 20 per cent of

Canadians experience high levels of "time crunch" compared to just 16 per cent in 1992, according to the report.

Women are feeling the strain more acutely than men with about 23 per cent reporting high levels of time pressure compared to 17 per cent of men. The report, which looks at time use, leisure and culture trends over the

last 15 to 20 years found Canadians struggling to meet the competing demands of a 24/7 workplace.

TORSTAR NEWS SERVICE



Threat of parliamentary shutdown puts brakes on Tory foot-dragging over Afghan documents.

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New Hampshire looking south, not north, for trade

New Hampshire, a state that borders Quebec, now does more trade with Mexico than it does with Canada. New Hampshire Sen. Jeanne Shaheen said exports to Canada dropped nearly 30 per cent in 2009, while exports to Mexico rose nearly 40 per cent. **THE CANADIAN PRESS**

Toronto Getting a-head of the game



Frida Eklund of Oxfam Canada shows off the papier mache models of the G8 heads of state, including Prime Minister Stephen Harper, yesterday. U.S. President Barack Obama's ear is chipped, but his and other world leaders' giant papier mache heads have arrived in Canada otherwise intact. Oxfam uses the props for publicity stunts during international meetings, such as the upcoming G8 and G20 summits in Huntsville, Ont., and Toronto later this month.

Western premiers, territorial leaders meeting to discuss green economy

ENVIRONMENT The economic potential of clean energy and a green economy in Western Canada will fuel two days of talks at the annual meeting of western premiers and territorial leaders starting today.

Finding consensus on that subject among the leaders could be a delicate dance.

B.C. Premier Gordon Campbell has staked a large part of his political reputation on making B.C. an environmental leader, with his government's carbon tax and his pledge to cut greenhouse gas emissions by one-third by 2020.

Alberta Premier Ed Stelmach presides over an oil-rich province that produces billions in revenues,

Western free-trade zone?

- Some analysts believe this week's meeting could also provide an opportunity for the premiers to float the possibility of a western free-trade zone.

The western provinces have already signed a labour mobility agreement that allows people to move freely to seek work without retraining in each province.

are coming to Vancouver to seek consensus as opposed to controversy, he said.

Alberta and British Columbia have been holding joint cabinet meetings for years and Saskatchewan recently joined one of the meetings.

Manitoba's new New Democrat Premier Greg Selinger is attending his first western premiers meeting.

THE CANADIAN PRESS

but whose oilsands developments have made the province an international target for environmentalists.

But their conflicting views will probably not publicly collide at the political gathering, said University of Victoria political scientist Dennis Pilon.

Campbell and Stelmach, a Liberal and Conservative, both represent right-of-centre governments that

Canadian killed by gunmen in Mexico

Friends say it was 43-year-old from Ontario

Friends are confirming a Canadian man has been shot to death by gunmen in Mexico.

They say Kenneth Klowak was killed by armed men after he refused to stop at a road block last Wednesday.

Mexican authorities said yesterday that a Canadian citizen was killed and an American wounded when gunmen attacked an SUV on a highway near the northern Mexico border with Texas.

Prosecutors in Coahuila state said the Canadian man was hit twice by bullets during the incident near Allende, a town south of Piedras Negras, across the border from Eagle Pass, Texas.

Wayne Biegel says 43-year-old Klowak was in Mexico building bike trails for his employer.

He says Klowak, who is from Mansfield, Ont., a town about an hour's drive northwest of Toronto, was an avid biker who constructed trails for his employer in Jamaica for the past two years.

Biegel, from the nearby town of Orangeville, says Klowak was due to visit his

"I spoke to him a week and a half ago. He was very happy, he was looking forward to ... coming back to Ontario."

Wayne Biegel, longtime friend

parents in Ontario at the end of the month.

He called his friend of more than 20 years a passive and well-liked gentleman who wouldn't upset anyone.

"I spoke to him a week and a half ago," Biegel said in an interview. "He was very happy, he was looking forward to ... coming back to Ontario."

The Department of Foreign Affairs in Ottawa confirmed it was aware of the death of a Canadian citizen in the region of Piedras Negras, Mexico, but did not release any names.

Spokeswoman Dana Cryderman said a second Canadian citizen who was also part of the group excursion has been reported unharmed.

Canadian consular officials in Monterrey and Mexico City are working closely with local authorities to gather additional information, and are pro-

viding consular assistance to the family," Cryderman said.

"Due to privacy considerations, no further information is available at this time."

Biegel said Klowak and a co-worker were driving through the region when they came across a barricade put up by armed individuals.

According to Biegel, Klowak was chased by the gunmen as he charged through the roadblock but lost control of his vehicle before it rolled into a ditch.

"The gunmen then got out of their vehicle and shot him twice in the head."

Biegel says Klowak's job of building trails had appeared to be a safe one in the past.

"He never explained any kind of danger to me," he said. "Oh God, it's devastating."

THE CANADIAN PRESS

News in brief

SUMMITS Canada has added climate change to the G8 agenda after coming under pressure from world leaders and environmentalists. A spokesman for Prime Minister Stephen Harper confirmed yesterday that climate change will be on the table at the G8 and G20 summits. Leaders from the European Union, Mexico and the United Nations have been calling on Canada to put climate change on the to-do list when it hosts summits in

Huntsville and Toronto this month. Countries are busy negotiating a global-warming pact ahead of the next UN climate summit in Mexico this December. It's hoped that summit will seal a tentative deal reached last year in Copenhagen.

BUS CRASH Police in Switzerland say nine Canadian tourists remain in hospital as a result of a bus crash Saturday. They say the other travellers who were on the bus are now

flying back to Canada from Geneva. A spokesman for police in the canton of Valais says he has no further information on what caused the tour bus to go off the road and roll over. Two Canadians — a 73-year-old man and his 67-year-old wife from Ontario — were killed in the crash in southern Switzerland. Their names have not been released. The tour organizer, Jolly Tours and Travel company, refused comment yesterday.

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The California teenager who was plucked from her disabled sailboat in the turbulent southern Indian Ocean says she is in awe of the effort to rescue her and thought it might take much longer before she was saved. A French fishing vessel rescued Abby Sunderland more than 3,220 kilometres west of Australia on Saturday. **THE ASSOCIATED PRESS**

World



FBI docs show Kennedy death threats

Previously secret FBI records released yesterday show there were death threats against then-senator Edward Kennedy, even five years after his failed 1980 White House bid. The documents showed that on May 23, 1985, the U.S. Capitol Police passed onto the FBI a copy of a letter sent to the Secret Service, ostensibly by a Warren, Michigan, resident. The sender, whose name was redacted, declared: "Brass tacks, I'm gonna kill Kennedy and (President Ronald) Reagan, and I really mean it."

THE ASSOCIATED PRESS

Tales of horror from Uzbek refugees

KYRGYZSTAN Standing behind barbed wire with other Uzbek refugees, the woman tearfully raised her hands in a Muslim prayer yesterday for her dead husband. She had left his body at their burned-down house in southern Kyrgyzstan while fleeing ethnic riots that reduced much of a major city to ruins. She is among tens of thousands of minority Uzbeks who have fled the deadliest violence Kyrgyzstan has seen since the two ethnic groups fought over land 20 years ago. Officials said 138 people were killed and nearly 1,800 wounded since the violence began last week.

Uzbekistan hastily set up camps to handle the flood of refugees, most of them women, children and the



Uzbek refugees wait to cross the border from Kyrgyzstan into Uzbekistan yesterday.

elderly. They were hungry and frightened, with accounts of Uzbek girls being raped and Kyrgyz snipers shooting at them as they rushed to the border.

THE ASSOCIATED PRESS

Find could alter course of Afghanistan's future

U.S. geologists have discovered vast mineral wealth in Afghanistan, possibly amounting to \$1 trillion, President Hamid Karzai's spokesman said yesterday.

Waheed Omar told reporters the findings were made by the U.S. Geological Survey under contract to the Afghan government.

"The result of the survey ... has shown that Afghanistan has mineral resources worth \$1 trillion," Omar said. "This is not an overall survey of all minerals in Afghanistan. Whatever has been found in this survey is worth \$1 trillion."

The New York Times reported the \$1 trillion fig-

'Saudi Arabia of lithium'

- Americans discovered nearly \$1 trillion in untapped mineral deposits, including iron, copper, cobalt, gold and critical industrial metals like lithium, according to the report. **The New York Times**

ure in yesterday's edition and quoted senior American officials as saying untapped mineral deposits in Afghanistan are far beyond any previously known reserves and were enough to fundamentally alter the Afghan economy and perhaps the Afghan war itself.

A 2007 report by the USGS said most of the data

quoted a Pentagon memo as saying Afghanistan could become the "Saudi Arabia of lithium," a key raw material in the manufacture of batteries for laptops and cellphones.

on Afghanistan's mineral resources was produced between the early 1950s and 1985 but much was hidden and protected by Afghan scientists "during the intermittent conflict over the next two decades."

THE ASSOCIATED PRESS

News in brief

TOBACCO Malaysia began enforcing a ban on small cigarette packets, the health minister said yesterday, after a short-lived postponement of the move caused a tobacco company to threaten legal action. The ban on the sale of packets containing fewer than 20 cigarettes took effect June 2, Health Minister Liow Tiong Lai said. The government had planned the ban as part of efforts to curb smoking among young Malaysians who consider smaller cigarette packs more affordable.

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A wife puts a hit on her husband, but still gets half of everything in the divorce. What's wrong with this picture?

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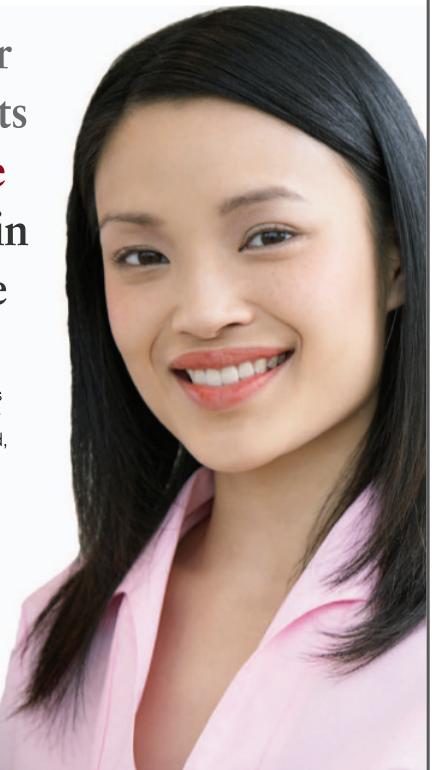
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Thai judge gives police 3 days to probe detention

A Thai judge gave police yesterday three more days to investigate two foreigners detained nearly a month for allegedly violating an emergency decree during bloody, anti-government protests. Briton Jeff Savage and Australian Conor Purcell are being held for their alleged roles in street clashes. **THE ASSOCIATED PRESS**

Obama, BP nearing deal

Fund for oil damage victims coming as president tours Gulf again

U.S. President Barack Obama assured Gulf residents and businesses yesterday the region's beaches will be restored to their "pristine condition," promising the full force of his government to require BP to quickly pay damage claims.

Obama also told the country that seafood from the region remained safe and implored tourists not to cancel visits to the Gulf coast where many of the famous white beaches remain untouched.

But oil from the blown out BP well is spoiling significant parts of the shoreline and already has penetrated into critical marshlands, threatening breeding grounds for wildlife, waterfowl and sea creatures — in particular shrimp and oysters.

"I can't promise folks here in Theodore or across the Gulf that this oil will be cleaned up overnight," the president said. Yet he offered assur-

Oval Office address tonight

- Obama's latest two-day visit to Mississippi, Alabama and Florida precedes his first-ever Oval Office address

on national television tonight and his first face-to-face meetings with BP executives tomorrow.

ances that the "full resources of our government are being mobilized to confront this disaster."

Shortly before he began his tour of the region, spokesman Bill Burton told reporters with the president that the administration and BP were "working out the particulars" of Obama's demand that the oil giant set up a multibillion-dollar, independently run damage fund.

Burton said the account would be in the hands of a third-party and would amount to "billions of dollars."

"We're confident that this is a critical way in which we're going to be able to help individuals

and businesses in the Gulf area become whole again," he said.

On his fourth visit to the region, Obama was determined to assert leadership in face of the calamity, with the White House showing the president using all the power available to him to stem the continuing flood of oil into the Gulf and extract compensation from BP for victims of the tragedy.

As the damaged well continues spilling millions of litres of crude oil from its rupture about 1.5 kilometre below the surface, Obama has taken a hit in the polls.

Dealing with the catastrophe has also forced him to spend huge amounts of

time on the crisis, cutting severely into his schedule, including cancelling a trip to Asia and Australia, and threatening his legislative agenda on issues like financial overhaul, climate change and immigration reform.

Obama's first stop yesterday was a briefing at a U.S. Coast Guard station here on Mississippi's coast, where he said that the two days in the region would help him prepare for tomorrow's showdown with BP. In particular, Obama said there continues to be problems with claims for damages and with effective co-ordination.

"We're gathering up facts, stories, right now so that we have an absolutely clear understanding about how we can best present to BP the need to make sure that individuals and businesses are dealt with in a fair manner and a prompt manner," the president said.

THE ASSOCIATED PRESS

Northern Ireland **Belated report**



Children play in front of a mural of shooting victim Jackie Duddy during Bloody Sunday, 1972, in Londonderry, Northern Ireland, yesterday. The atrocity where British soldiers gunned down 13 Catholic demonstrators in bitterly disputed circumstances, faces a moment of truth today when a 5,000-page, \$290-million US report is finally unveiled.

Veils banned in public buildings

SPAIN Barcelona said yesterday it will ban face-covering Islamic veils in municipal buildings, the latest Spanish city hall to crack down on the use of such garments in public, as much of Europe considers following suit. Mayor Jordi Hereu insisted the measure was not specifically anti-religious, saying it was aimed at all dress that impeded identification and included motorcycle helmets and ski masks. "You can't enter a town hall office and not be able to be identified," he said. "In no way does it target religious belief."

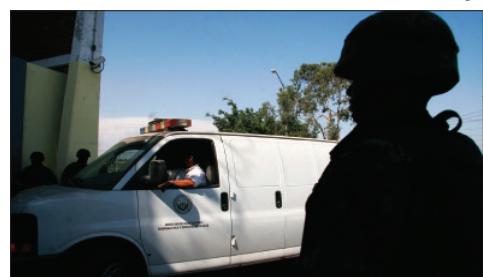
THE ASSOCIATED PRESS

Dozens dead after Mexican prison riot

MEXICO At least 29 inmates were killed yesterday as rival gangs clashed inside a prison in a cartel-plagued Mexican state, authorities said. Three policemen guarding the prison were wounded.

In one attack, 20 inmates were shot to death when a group of prisoners opened fire on members of a rival gang inside the prison in Mazatlan, Sinaloa, state Public Safety Secretary Josefina Garcia told Radio Formula. One of the three wounded police was in serious condition, Garcia said.

The gang that initiated the attack killed 17 rivals



Mexican soldiers stand by as a morgue truck enters the penitentiary after an inmate riot in the Pacific city of Mazatlan, Mexico, yesterday.

and lost three of its own members. An inmate who was wounded died later

Monday at a hospital, said Martin Gastelum, a spokesman for the Sinaloa

state prosecutors' office. He didn't say which gang the prisoner belong to.

The lockup in the Pacific coast city of Mazatlan was quickly brought under control and investigators found two pistols and an assault rifle inside, Gastelum said.

Gastelum said the killings were all at the hands of other prisoners.

Local media said those attacked were apparently members of the Zetas drug gang, which is battling the powerful Sinaloa cartel, but officials were unable to confirm that.

THE ASSOCIATED PRESS

News in brief

HUMAN TRAFFICKING The United States yesterday warned more than a dozen states, including Iran, North Korea, Cuba and Myanmar, of possible sanctions for failing to do enough to fight human trafficking. The State Department's 10th annual review of global efforts to eliminate the trade in human beings and sexual slavery put 13 countries on notice that they are not complying with minimum international standards and could face U.S. penalties. Other nations receiving a failing grade were Congo, the Dominican Republic, Eritrea, Kuwait, Mauritania, Papua New Guinea, Saudi Arabia, Sudan and Zimbabwe.

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Comment

Close-knit community

Cancer survivors reach out to help those battling disease



Lance Armstrong

As I packed my bags for the Tour de France, I included a necklace that I've worn every Tour since 1999. It reminds me of a friend who helped me beat cancer and start my true mission in life — the fight against this disease.

In January 1997, Stacy Pounds helped me launch my foundation, just as I was completing my own cancer treatment. That same month, Stacy, a heavy smoker, was diagnosed with incurable lung

cancer. All of us who knew her were devastated. My mother gave me

two crucifixes. I wore one and gave the other to Stacy. I said, "This is going to be our ride for Stacy and bond. You the 28 million people around the world living with cancer today."

We wore them as symbols of our cancer kinship.

Stacy deteriorated quickly. The doctor told us she only had a matter of weeks to live.

Stacy's son, Paul, was a sailor serving with the U.S. navy at sea. We called Charles

Boyd, the only four-star general I knew, for help in getting Paul home to see his mother. "Lance," he said, "I lost my wife two years ago to cancer. I'll see what I can do." The next day, Paul was on his way home. That's what the term "cancer community" means.

At the same time, Stacy went into a nursing home. "I'm in pain and the nurs-

es don't bring me my pain medicine," she said. We took her home and hired a full-time hospice nurse to take care of her.

Her son arrived and Stacy spent her remaining days at home with him. On Oct. 2, 1997, I celebrated the one-year anniversary of my cancer diagnosis. On Oct. 3, 1997, Stacy died. She was buried with her cross.

When the Tour starts July 3, I will put my necklace on. I will ride for Stacy and the 28 million people around the world living with cancer today.

Lance Armstrong has won the Tour de France a record seven times. He's the founder of cancer support organization Livestrong.

Views

Warning: Don't lose face over Facebook

InStep

Christine Williams



Summer months are upon us with revellers out in full swing. Pictures get taken, then enthusiastically posted on Facebook to proudly share the carousals with other friends.

Facebook is a cogent social-building network, but this club isn't exclusive. It's not only friends that are privy to lewd postings. It could be your employer. But this is only one scenario. There are many others, which demonstrate that people can be under the false impression of being entitled to do as they please when it comes to their private life without consequences.

The operative word is "private." Facebook is not

private even though it may feel that way. As a result, you may find out the hard way by getting fired, having your reputation for future employment tarnished; and if your case makes the news, you're now a hit item when Googled.

Some cases that highlight this:

A few weeks ago, a North Carolina waitress working at a pizza joint ranted on Facebook about a couple of bad tippers who stayed for three hours, forcing her to remain long past the end of her shift. The 22-year-old wrote on Facebook afterwards: "Thanks for eating at Brix ... you cheap piece

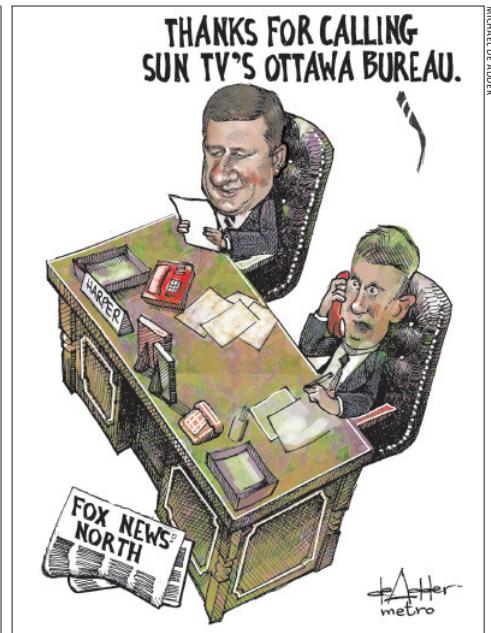
This was taken to be evidence that she was no longer depressed.

In the U.S., a Catholic teacher was fired for posting teachings on Facebook regarding atheism that were deemed contrary to the church and the job contract.

These are a few cases that represent a growing number where technology is becoming more detrimental, yet we can't blame it. Technology is a prodigious asset when used with common sense and decorum.

In another recent case, a 29-year-old Quebec woman on long-term sick leave from IBM was reportedly to be fighting to have her disability benefits reinstated after her employer's insurance company cut them because of photos she posted on Facebook. She was diagnosed with depression. Photos posted on Facebook included her living it up at a bar show, her birthday party and on a sun holiday.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.



Worth mentioning

Space probe may provide clues to solar system creation

A team of scientists flew to the Australian Outback yesterday and recovered a Japanese space capsule they hope contains asteroid samples providing clues into the evolution of the solar system.

The Hayabusa explorer returned to Earth overnight after a seven-year, six-billion-kilometre journey, burning apart on re-entry in a spectacular fireball just after jettisoning the capsule.

It was the first time a spacecraft successfully landed on an asteroid and returned to Earth.

The capsule will return to

Japan before scientists discover whether it carries any asteroid dust in its sample canister.

The Japanese space agency said the aim of the \$200-million project was to understand the origin and evolution of the solar system, as well as paving the way for future sample return missions.

Scientists hope to study how and when the asteroid was formed, its physical properties, what other bodies it may have been in contact with, and how solar wind and radiation have affected it.

THE ASSOCIATED PRESS

Quote of the Day

"I tend to be an outspoken public speaker and would never have imagined a time in Canada where I would be reluctant to speak publicly. The chill is real and this is a new and sad development in Canadian policy."

— AN ANONYMOUS CALLER TO A PUBLIC FORUM ORGANIZED YESTERDAY BY LIBERAL MPS KEN DRYDEN AND ANITA NEVILLE. SOME COMMUNITY GROUPS ARE FEARFUL OF LOSING SCARCE GOVERNMENT MONEY AFTER SEVERAL HIGH-PROFILE AID AGENCIES HAVE FACED FUNDING CUTS IN RECENT MONTHS AND SAY THEY ARE BEING PUNISHED FOR SPEAKING OUT AGAINST GOVERNMENT POLICIES.

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Microsoft hopes its new video game controller, Kinect, will appeal to families ready to graduate from the Wii. Kinect recognizes users' gestures and voice. This means they can say "pause" or "play" instead of reaching for the remote when watching a movie, and they can play video games without a controller. **THE ASSOCIATED PRESS**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Paris Missiles for sale



Visitors look at Israel's Rafeal air, sea and land advance defence systems, at the Eurosatory defence trade fairs, in Villepinte, outside Paris, yesterday. China is exhibiting for the first time at Eurosatory, one of Europe's largest defence trade fairs, as it seeks to tap new markets.

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Ready or not, digital is coming, says CRTC

The Canadian TV industry faces a crisis if long-overdue preparations for the switch to digital TV don't begin soon, the head of the Canadian Radio-television and Telecommunications Commission said yesterday in a strongly worded speech.

"My great concern is that the industry will not be ready," CRTC chairman Konrad von Finckenstein told a breakfast gathering of producers, broadcasters and content creators at the Banff World Television Festival.

"There will be requests for delays, we will have a

End of free TV?

- An estimated 900,000 Canadian households that rely on antennas don't have televisions equipped to receive new digital signals. About another 44,000 won't have access to TV content at all unless they invest in a satellite dish.

crisis on our hands. It must not be allowed to happen."

The federal government wants digital signals to be converted from analog in August 2011, but Finckenstein suggested a trial run begin as early as April 2011

in Winnipeg and Quebec City.

He pointed to the painful transition south of the border in June 2009, when the U.S. made the switch. More than \$1.5 billion US was spent on subsidies to help consumers pay for converter boxes.

Finckenstein urged cable and satellite providers to mount a widespread consumer education campaign in Canada. He warned of a widespread backlash if people who currently pay nothing for TV are suddenly forced to invest in cable or satellite signals.

THE CANADIAN PRESS

Telecoms feel the squeeze

WIRELESS The telecom sector will take it on the chin this year as increased competition from new wireless carriers forces some companies to slash mobile phone pricing even as their costs increase, the Conference Board of Canada predicts.

An industry outlook report from the think-tank released yesterday says that profits for telecommunications companies will weaken to \$6.7 billion this year. That's down from a \$7-billion profit reported last year.

Major providers like Rogers, Bell and Telus are contending with a rush of new entrants including Globalive's Wind Mobile and Public Mobile.

"Competition will limit price increases for both

\$1.3B The Conference Board said profits in the computer systems design industry, which includes software and website developers, are expected to slip to \$1.3 billion this year, the third consecutive annual decline, due to rising costs, even though revenues will likely improve.

telecoms and computer services firms," said Conference Board economist Maxim Armstrong in a release.

The Big Three providers had anticipated the heightened competition and invested in their infrastructure and slashed billing prices before the new entrants came to the market.

The Conference Board says it expects overall costs to grow by five per cent this year due to higher interest rates and increased wages.

In a separate report yesterday the think-tank highlighted the rising costs also facing the computer systems design industry, which includes software and website developers.

THE CANADIAN PRESS



EU businesses warn their leaders to tread lightly amid debt crisis and plunging euro.

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Creditors back Canwest sale

MEDIA Canwest Global says its creditors have given the green light to a plan that will allow its newspaper division to emerge from restructuring and be sold to a group of investors. The company's unsecured creditors met in Toronto and voted overwhelmingly for the plan, Canwest said. That clears a major hurdle to sell the papers to a group of investors led by Paul Godfrey, the president and CEO of its flagship National Post newspaper.

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

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Summer is the season of possibilities. When everything is green and growing thoughts turn to nurturing that big, brilliant, business idea of yours.

Here are some steps to take that will help you structure the process which can be a bit overwhelming.

1 Assess yourself: OK, you've got talent and a great concept. But are you entrepreneur material? Do you have these signs of the

- entrepreneurial gene?
- a) A need for achievement
- b) The desire to influence others
- c) A love of autonomy at work
- d) Self-assurance
- e) A strong work ethic
- f) A high action drive
- g) The strength to keep leaping tall buildings when taller ones keep popping up.
- h) Creativity
- i) Ego and competitiveness
- j) The ability to rebound from failure.

2 Make a plan: A business plan sketches out the idea and gets specific about how to develop it. Included should be marketing strategies and thorough market research. There's no point in duplicating what already exists or what has already failed.

ALISON'S
MONEY
RULE

- Turn a great idea into a great business by taking care of business before you open your doors.

3 Build your profile: This step involves coming up with a name, an online identity, a support group (lawyer, accountant, business networks) and taking care of things like registering your business, getting a GST/HST business number and deciding whether to incorporate or operate as a sole or joint proprietorship. In the process

you will also amass information about restrictions such as zoning or other obligations such as handicap parking and health regulations.

4 Finance it: A dream often starts the entrepreneurial spirit boiling but money keeps it simmering. Know your cash flow needs to pay the bills but you will also need a pot of cash to get things underway. This entails visits to banks and other lenders to determine if you qualify (new businesses will likely have to lean on personal or

home equity lines of credit). All of the above will take



Alison Griffiths' show Maxed Out appears Wednesday nights at 10:30 p.m. alisongriffiths.ca

Secret the taxman just won't tell you

Want to know a secret? There's another tax-free way to save for retirement that the taxman doesn't really want you to know. It's called universal life insurance, a special financial security portfolio that gives you life and health insurance coverage and a tax-deferred saving component.

David Quinton, regional sales manager of individual insurance with Desjardins Financial Security explains:

What makes this product special? It's attractive because it allows you to reduce your tax burden by moving some of your taxable money and sheltering it within the universal life policy. It is very flexible and totally conforms to your needs because you can add or remove features and increase or decrease premiums at any time.

So how does it work? The individual designs the portfolio based on his or her personal and/or family priorities. The person may choose from a variety of insurances including term, whole life and/or critical illness.

The monthly minimum deposit covers the cost of the insurance and anything above this will accumulate in a tax advantaged savings account.

How does this product shield me from paying taxes? Basically, the taxes are deferred. Let's do a comparison. During your retirement, if you were to withdraw from your RRSP, you are required to pay tax at source. However, withdrawals from a universal policy are taxed differently. If you take out money, you could end up not paying any tax at all depending on how you arrange your withdrawals. If you assigned beneficiaries to your RRSP account, your beneficiaries would not receive the full RRSP amount because it would be taxed at source. However, beneficiaries would receive the entire insurance payout tax-free.

Hike offers time to guard against payment shock

Any savvy shopper knows a good deal doesn't last forever, and the modest interest rate hike announced recently presents an opportunity to guard against potential payment shock as we ease into more expensive borrowing.

"Because it's been so affordable to carry the debt for so long now, it hasn't been at the top of people's priority lists," said Scott Ward, a financial adviser at Edward Jones.

"So now that rates are going up, it's going to become a little less comfortable to carry that line of credit, or that mortgage, or that loan around."

The Bank of Canada's decision to raise its key rate from an emergency low 0.25 per cent largely affects variable rate mortgages and lines of credit that are closely tied to bank prime rates, which now sit a quarter point higher than before, at 2.5 per cent.

The central bank has also warned Canadians about the perils of racking up too much debt as they became accus-

35 The quarter-point interest rate hike amounts to about a \$35 increase in monthly payments for a \$250,000 mortgage with a 25-year amortization.

toed to falling rates over the past three years.

"This signal that it's going to become a little less comfortable now, and it might become even more uncomfortable in the future, now might be the time, while it's still not unbearable, to buckle down and pay it off," Ward said.

As long as mortgage holders and other borrowers haven't added too much debt to their balance sheets, they should be able to withstand the

modest rate hike, Ward said. But, he added, they should be proactive about paying down debts or increasing savings.

"See where you can employ some of the money to help reduce those costs ... what sacrifices you can make in terms of your monthly living to help reduce those costs," he said.

Rob Hafer, regional manager at mortgage brokerage Invis Inc., says borrowers should use this time to take precautions to guard against future payment shock if rates rise significantly, he said.

Hafer said homeowners with variable rate loans should think about putting extra cash, like an inheritance, tax refund or a work bonus directly toward their mortgage.

Another prudent idea is to set payments at a higher rate than the current interest amount, in order to pay down some of the principal. That way, when rates go up, consumers won't have to start kicking in more of their income, instead, the amount going toward the principal will fall.

Hafer said it's still a good time to consider taking a variable rate mortgage because rates are low and have a fair way to go before equalling the average five-year fixed rate.

THE CANADIAN PRESS

NEWS CANADA

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A salute to Canadian dads

P&G We think Canadian dads are superheroes – and we bet you do too. So Metro is pleased to partner with Procter and Gamble to bring you this celebration of Canadian dads, complete with words of wisdom, inspired gift ideas and heartfelt musings on the meaning of fatherhood.

From us to you: a salute to all the men who have made a difference in your life – your dad, stepdad, granddad, uncle or big brother!

Happy Father's Day.

Top TV Dads pg 3

Take a look at TV's zaniest fathers of the past 25 years



Celebrating Father's Day

It's time spent together that really counts

Tickets to the Stanley Cup final? A Porsche for the day or golf and a steak dinner?

Many dads say it's much simpler than that.

For Doug Davis, 52, runny eggs and burnt toast do the trick. "My kids would trip all over each other running upstairs with the breakfast they made," the Aurora, Ontario dad recalls. "They'd wait for me to take the first bite, anticipation on their faces as if they'd done something magnificent – which they had. Then they'd hand me their homemade cards. Those special moments in life bind you."

Shelley Cinnamon makes the day special for her dad in Edmonton with simple conversation. "He's 92 and has dementia," she says.

"We get him talking about growing up on his

Parental leave

• In 2007, 27% of eligible men filed for parental leave benefits compared to 3% in 2001. Much of the increase took place in Quebec where fathers can take five weeks of leave, which cannot be

transferred to the mother. In Quebec, 56% of fathers took paid parental leave in 2006. In the rest of Canada the rate was 10%.

FATHER INVOLVEMENT
RESEARCH ALLIANCE

Saskatchewan farm. I find out how Dad became Dad... and how he got the values and beliefs that he passed on to me."

Karen McLennan's dad passed away at 53, but she has fond memories as a little girl, caddying a Father's Day golf game in Toronto and talking about "everything under the sun".

One special year, Maureen Barrett biked with her father to a strawberry patch in rural Ontario. But they

got lost taking a shortcut home and "the strawberries were mush and dripping all over when we finally got there. We laughed about it for years."

Dr. Zane Zarzour, of Victoria B.C., will always remember the Father's Day he was 12 and won a gift for his dad. He'd had a running wager with the neighbour: if he beat the man at basketball, Zane would get tickets to a baseball game; if he lost, he'd have to do

the man's chores. Of course he always lost, and got stuck cutting his grass and cleaning out the garage. "One day, I finally beat him, and I got to treat Dad to a game. I was incredibly proud."

Anne Stuart, 78, remembers a different kind of Father's Day. Her dad took immense pride in the flowers he planted on a boulevard in Stratford, Ontario. It was town land, but he'd made it his garden, watering with a tin can every night. Anne marked a recent Father's Day by having a stone marker placed on the still-blossoming garden, its words recalling a man who poured his heart into a patch of ground. "It's like there's a bit of my father still there."

KIM ZARZOUR

GILDA SWARTZ

Father's Day is 100 years old

ORIGIN Barbecue aprons and garden tools, computer bags and golf shirts seem to be what Father's Day is all about. Actually, Father's Day is 100 years old this year – and 1910 was long before BBQs and computers.

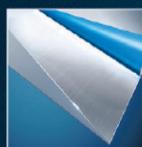
The Father's Day idea took root in 1909 in Spokane, Washington. Sonora Smart Dodd, listening in church to a sermon about Mother's Day, felt that fathers needed recognition as well – not surprising since her own dad, William Smart, a Civil War veteran, raised his family alone after his wife died giving birth to their sixth child. Dodd's ministry liked her idea and on June 19, 1910, the first Father's Day was celebrated. Now 56 countries celebrate dads on the third Sunday in June.

David Schatzky, a Toronto therapist, says fathers have more than earned their day of celebration. Schatzky notes that fathers are much more involved both practically and emotionally in their children's lives than they once were. And dads want that involvement.

"Fathers are feeling that one of the payoffs of being involved in the lives of their children is the emotional satisfaction it brings." It's a winning combination. "Fathers who show appreciation and support," says Schatzky, "give children confidence and a sense of security." And that's worth celebrating.

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²Compared to Fusion.® ³Of consumers with a preference.



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Dads and housework

In 1986, the average mother did 2.2 hours more housework per day than fathers (3.3 vs. 1.1 hours).

In 2005, the difference had decreased to 1.3 hours (2.8 vs. 1.5 hours). **FATHER INVOLVEMENT RESEARCH ALLIANCE**

Trendwatch

Beyond the shower and shave

These days, more and more men are spending time, energy and money on the sort of look good strategies women have always considered essential: a good hair cut and colour, age-defying skin care and the occasional trip to the spa.

"Men are definitely playing more with their appearance," says Greg May of Greg May Hair Architects, Toronto. "It's not like they just shave every day and that's it."

Today's hip haircut is a classic 1940s Cary Grant style with a deep side part or hair combed right back, says May. He also gets requests for loose texturing, side-swept fringes, "under cutting" with hair cut shorter underneath, and as summer approaches, more military cuts.

Men have been colouring their locks to disguise the gray for some time, but a new trend, even among young guys, is silver hair. "It could be a throw-back to the 1980s Billy Idol platinum blonde look," says May. Instead of highlights, men are opting for hair painting, a technique that uses a brush to paint on a lightener and requires no heat or foils. "It makes a man look sun-kissed, like he's been to Cuba for a week," notes May.

As for facial hair, men are experimenting with goatees (traditionally just hair on the chin). "They may shave off the moustache and just keep that soul patch (the strip of hair under the bottom lip), maybe with a little beard underneath," says May. They're also more conscious of their sideburns, adds May. "Guys are starting to realize that cutting sideburns on a downward angle actually



"They see all the advantages of caring for their skin, of cleansing and moisturizing and massaging."

Greg May, Greg May Hair Architects

lengthens the face."

Hair isn't men's only esthetic priority; skin care is high on their list too. At first, a guy may have to be dragged into the spa - often for a facial just before his wedding, says Alana Jestadt, manager of Pure+Simple, a spa in Toronto's Yorkville.

But these men often return on their own for facials, blackhead extractions, massages, masks,

brow waxing, and IPL (intense pulsed light) treatments to remove chest and back hair, she says.

"They see all the advantages of caring for their skin, of cleansing and moisturizing and massaging, so they end up buying unscented products like shaving cream, cleansers, toners and serums," says Jestadt. "It makes them look and feel better."

PAULINE ANDERSON

TV WISE GUYS

TV Looking for some pantheons of paternity to light the way this Father's day? Here are five of television's zaniest fathers of the past 25 years with their pearls of wisdom:

1 **Dr. Heathcliff Huxtable, The Cosby Show (1984-1992)**

"I am your father. I brought you into this world, and I will take you out!"

2 **Dan Conner, Roseanne (1988-1997)**

"Hey, if you don't finish your crud, you're not going to get any crap for dessert."

3 **Homer Simpson, The Simpsons (1989-Present)**

"Kids, you tried your best and you failed miserably. The lesson is: Never try."

4 **Red Foreman, That '70s Show (1998-2008)**

"Son... there's something you should know... you're an idiot."

5 **Bernie McCullough, The Bernie Mac Show (2001-2006)**

"I would like to give these kids a good home. In fact, there's one a few miles away from here..."

Baby ... oh baby!

• 55% of fathers take time off from work around the time their children are born - 21% use vacation days and 11% take unpaid leave.

FATHER INVOLVEMENT RESEARCH ALLIANCE

Lessons from my father

LESSON My father was an expert in electron microscopy and was used to probing the secrets of the very, very small. If a family discussion became heated, he would roll up a magazine and observe the speakers, as if through a microscope. It was his way of gaining perspective. It also had the effect of stopping any argument.

And it taught me that what you see is often not what you get.

Atoms didn't really look like the drawings in the text book he told me. More like swarms of bees maybe. "What colour? We don't really know. Let's say red and white." For years I lived with a mental picture of atoms as swarms of red and white bees. Who knows? Maybe they are.

He speculated that many of the world's ills came from not seeing clearly. "We're all the blind men with the elephant. We don't see the whole, or we get the wrong perspective." He had a pocket microscope, which he often used. "Look at this fly," he said, passing me the microscope. "A hideous monster, right? See one crawling up your window and

it's just a little black dot. So which is the real fly?"

Once, in the country, he turned us loose at the edge of a beautiful green field. We began to run across it - and blundered into a minefield of fresh cow pies.

When we

came back, smelly and bespattered, he just grinned.

Things aren't always what they seem.

By the time digital cameras came out, he was retired.

The camera was the perfect toy. He could

take as many pictures as he wanted, and play endlessly with the images. His best effort was an image of the prime minister against a background of short brown hair. "A double horse's behind," he explained proudly.

%

of new fathers by age (Canadian fathers with at least one child under age two and no children over age five)

- 15 - 19 1%
- 20 - 29 30%
- 30 - 39 59%
- 40 - 49 9%
- 50 - 64 1%

FATHER INVOLVEMENT RESEARCH ALLIANCE

CHRIS ATACK

father's day flowers



When giving flowers to a man, says Louise Gadoury at sierraflower.com, we usually go for big, bold exotics. The pictured Redondo bouquet is a popular gift for dads and features Birds of Paradise too.

4 father's day

Dad's Gift Guide • • •

Gifts of time, leisure and style for dad, stepdad or grandad.



1 BBQ fork with digital temperature reader
Maverick, \$14.99; Canadian Tire, canadiantire.ca

2 Straw hats
Goorin, \$60 to \$75 each; Harry Rosen

3 Retro-proud twill CBC Thunderbolt Radio-Canada Tech Kit Bag
Red Canoe, \$129; redcanoebrands.com

4 Fyrkat Portable BBQ
Bodum, \$59.95, and co-ordinating tongs, flipper, grill brush, \$19.95 each; Sears

5 Samsung PL 100 digital camera
makes for perfect buddy self-snapshots every time; \$249, samsung.com

6 Dual-pocket travel kit and accessories
Upper Canada, \$30, uppercanadasoap.com

7 Sterling silver moneyclips
Engraved \$165, or T & Co. 1837 \$150; both Tiffany & Co., tiffany.ca

8 Slip-on deck shoes
Joe Fresh, \$19; joe.ca

9 Pronto Large Gear Clock
\$59.99; Indigo Books & Music

10 Polo shirt
\$14; Joe Fresh, joe.ca

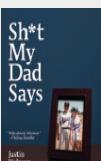
11 Legendary Eagle watch
Swatch, \$135; swatch.com for retailers

12 Flight Clock
\$59; Indigo Books & Music

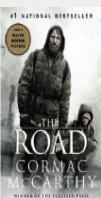
13 Apple iPad
serves as a keyboard-less laptop as well as a platform for high-def movies, books, games, work documents and more, from \$549; apple.com

Books for Dad

Give the gift of a great read from this fab-four Father's Day list.



Sh*t My Dad Says
By Justin Halpern. Harper Collins Publishers Ltd., \$17.99. Halpern's hilarious book, based on his popular Twitter feed, chronicles clever, blunt and sometimes raunchy, words of wisdom from his dad.

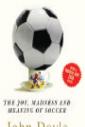


The Road
By Cormac McCarthy. Alfred A. Knopf, \$24. In this post-apocalyptic thriller, a father and young son, alert for bands of savage men, search for the sea. Their love keeps the pair from despair. Bleak and brilliant.



The Film Club: A True Story of a Father and a Son
By David Gilmour Thomas. Allen Publishers, \$27.95. When 15-year-old Jesse Gilmour wanted to quit school, David, a former film critic, had one proviso: that Jesse watch three films a week with him. Discover what developed between the two.

the world
is a ball



The Joy, Madness, and Meaning of Soccer
By John Doyle. Doubleday Canada, \$29.95. This travelogue and world-cup primer analyzes the history, politics and passion of the planet's most popular game.

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6 father's day

Stay-at-home dads

In 2008 10% of families with a stay-home parent had a father at home, compared to 4% in 1986 and 1% in 1976. FATHER INVOLVEMENT RESEARCH ALLIANCE

Like Father ... Like Daughter

5 women who followed in their fathers' footsteps

1 Melanie Hindle, 35, grew up in Jasper National Park watching her dad, Murray, the park's warden, patrol the back country on horseback while dealing with bears, forest fires, and stranded people. After completing a science degree and honing her own outdoor skills, she became a resource management and public safety specialist, like her dad, at Manitoba's Riding Mountain National Park.



Grace Cullen inherited her father's love and talent for rowing.

2 Ski cross Olympian 21-year-old Julia Murray just competed at the Vancouver Winter Olympics. She lost her father, Olympic downhill ski racer Dave Murray, when she was just two but she is keenly aware of his presence thanks to old racing videos, a training hill at Whistler that's named after him, and countless people who tell her how much she skis like him. To steady her nerves on race day, Julia takes a deep breath, looks up, and says 'Hi Dad'.

town look up to hers. Ask anyone in Virgil, Ont., she says, and they'll tell you that Ward Simpson "is the nicest man around... who wouldn't want to emulate that?" Lisa says he was secretly hoping she'd follow in his footsteps, and the day she was accepted into pharmacy "was extremely emotional for him".

4 Coletta Huber is a 46-year-old hairdresser who started working with her father 31 years ago. The first five years were

"sheer hell, while he taught me everything he knew." But now they're friends. Working together at Hairs In Place in Ajax, Ont., has put Coletta on more equal footing. "I'm brutally honest and stand my ground. He respects that."



5 Michael Cullen's 21-year-old daughter Grace inherited his love and ability for rowing. He rowed for Canada's national team in the 1980s and today, the Trent University student has aspirations to be on the national team one day. "The first time she came alongside me on the river, it was 5 a.m., quiet, and beautiful. There I was doing what I love to do, and now, my daughter is doing it too. That is deeply satisfying."

PAULINE ANDERSON

Grace and Michael Cullen

3 We all want to look up to our dads, but 38-year-old pharmacist Lisa Simpson has the privilege of having a whole

tutes to hang, letters to write.

"There's so much to do when you get home from the Olympics." For Pain, the 2010 Winter Games in Vancouver was another chance to compete for gold in skeleton, his high-speed sport of choice.

But the real challenge was balancing sport with a healthy home life. And that's happening too. While he mans the homefront and gets oversees the boys' daytime activities, his wife Aly

an Executive Team Coach, is pushing her career to the next level.

If he's lost anything as a stay-at-home dad, Jeff says it's the sense of team and companionship he once had. But like many of the dads he meets when he picks up his sons from their Montessori program, Jeff has entrepreneurial plans. He intends to help clients find a successful work-life balance of their own.

For now he'll continue being a champion stay-at-

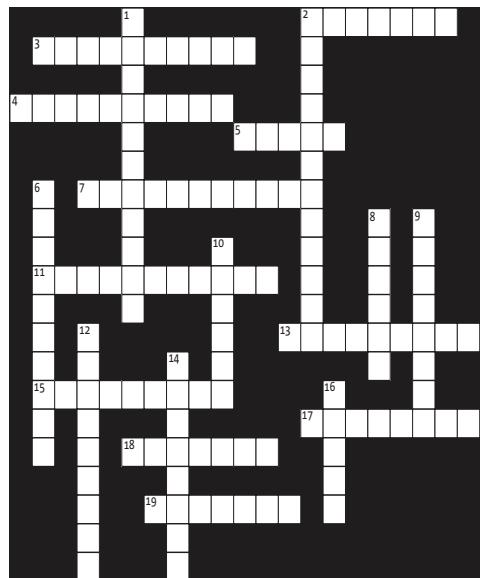


Aly and Jeff Pain share the fruits of their hard work: Jeff's silver medal, won in skeleton at the 2006 Olympic Winter Games.

home dad. It's another winning formula for the Pains.

CHRIS EDWARDS

Famous Father's Crossword



ACROSS

2 This Jerry was George's father on Seinfeld and Ben's father in real life

3 This Fred was a member of the Loyal Order of Water Buffalo

4 He won't be winning the Empire's Best Dad award any time soon (2 words)

5 Atticus ___ was the widowed hero of the 1960 novel To Kill a Mockingbird

7 He played the adoptive father in the 1999 film Big Daddy (2 words)

11 Dan Castellaneta is the voice of the animated dad on this show (2 words)

13 Paul Reiser and Greg Evigan starred on this NBC sitcom from 1987 to 1990 (3 words)

15 This was Mike Brady's profession on The Brady Bunch

17 This Shakespearean drama depicts a father's troubling relationship with his three daughters (2 words)

18 Martin Sheen is the father of Charlie Sheen and Emilio ___

19 This song was written by one Beatle to comfort another Beatle's son during his parents' divorce (2 words)

DOWN

1 He played the father in the 1991 film Father of the Bride (2 words)

2 He played the father in the 1951 film Father of the Bride (2 words)

6 Father Christmas is also known by this two-word moniker

8 Father and daughter celebs John and Angelina Jolie ___ have both won Oscars

9 Bill Cosby was the patriarch of this clan on The Cosby Show

10 Jon ___ is the estranged father of Angelina Jolie

12 This Fred played the guy who had three sons

14 Archie Bunker has this pet name for his son-in-law on All in the Family

16 A. A. ___ based Winnie the Pooh's pal Christopher Robin on his own son

For answers to this crossword visit: metronews.ca/dad

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*vs. previous Series 7 shavers



Beckham remains highest-paid MLS playerInjured David Beckham is still the highest-paid player in Major League Soccer. Beckham tops the league at \$6.5 million US this year. **THE ASSOCIATED PRESS**

Sports

EDITOR: DON.MCHOUILL@METRONEWS.CA

Stampeders settle into NFL-type luxury

The Calgary Stampeders are starting the 2010 Canadian Football League with a spacious new dressing room, gym, medical room and a lot of other bells and whistles.

Calgary's previous dressing room would fit into what is now their shower and washroom.

"The far toilet stall is Alondra Johnson's old locker and the first urinal is the door out to the field," said equipment manager George Hopkins yesterday as a way of orienting the old to the new.

With football operations and the coaches moved into a new building across the parking lot, the Stampeders expanded the players' facility over 200,000 square feet. The players could run short sprints through the dressing room now.

They used to have to go outside to their weight room, which was a mobile home.

A workout is now five steps or 30 steps, depending where a player's stall is, but those steps are all indoor.

Each chair in the medical room has extra-long leg room and the high-tech monitors beside them. There's a cold pool, as well as a hydrotherapy pool equipped with video cameras to help players rehabilitate injuries.

The Stampeders studied what the NFL clubs in Green Bay, Denver and Indianapolis did when they



Calgary Stampeders Oamo Culbreath sits at his locker during a media tour of the team's new facilities in Calgary, yesterday.

Renovating cost?

- The total cost of the renovation wasn't available, but Pat Clayton, director of medical

services, estimated the Stampeders ownership group spent over \$1 million on it.

renovated their facilities.

"We tried to glean the best out of what was all of them and we asked them the important question: What did they do wrong?" said Pat Clayton, director of medical services. "Based on that, then we came up

with this plan.

"Understandably in the NFL, everything is larger than life. We had to modify to accommodate what we wanted to do here. This is as good as any NFL facility."

THE CANADIAN PRESS

SCOREBOARD

NBA

TODAY'S GAME
Boston at L.A. Lakers, 7 p.m. (Boston leads series 3-2)

BASEBALL

YESTERDAY'S INTERLEAGUE RESULTS
St. Louis 3, Seattle 2
Milwaukee 3, L.A. Angels
Toronto at San Diego
Baltimore at San Francisco



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Sports in brief

NHL San Jose Sharks captain Rob Blake is retiring from the NHL after a 20-year career as one of the league's top defencemen. Blake will make the retirement official at a news conference Friday, a person with knowledge of his plans told The Associated Press. Blake had 240 goals and 537 assists in his career with Los Angeles, Colorado and San Jose. His departure is the first of what could be many key changes on the Sharks. Leading goal scorer Patrick Marleau and goaltender Evgeni Nabokov are both eligible to become unrestricted free agents on

July 1.

AHL Defenceman Patrick McNeill scored a pair of goals and the Hershey Bears defended their American Hockey League championship with a 4-0 win over the Texas Stars yesterday. Hershey won the Calder Cup final 4-2. Game 6 was the only game in the series won by the home team.

NHL The Toronto Maple Leafs are putting the C on defenceman Dion Phaneuf. He had 10 points in 26 games with the Leafs last season. The 25-year-old Phaneuf was acquired last January in a blockbuster deal with the Calgary Flames.

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Canadians are tuning into the World Cup in record numbers, according to CBC. Saturday's game between the U.S. and England averaged 2.275 million viewers, the highest Canadian audience ever for a preliminary-round World Cup game, according to CBC. **THE CANADIAN PRESS**

World Cup

EDITOR: DON.MCHOUILL@METRONEWS.CA

Portugal prepares to face Drogba, even if it is unlikely

GROUP G PREVIEW

Portugal vs. Ivory Coast



Portugal coach Carlos Queiroz is taking all possible precautions and making sure his team is ready to deal with Didier Drogba, even though the Ivory Coast striker has only a slim chance of playing in the sides' World Cup opener today.

Drogba trained for a second straight day yesterday, just 10 days after breaking his arm in a June 4 warmup

THE ASSOCIATED PRESS

match, and Ivory Coast coach Sven-Goran Eriksson is waiting until just two hours before kickoff to make a decision on whether he can play.

Drogba, who scored 37 goals for Chelsea this season to lead the club to the Premier League and FA Cup titles, is hoping to take to the field at Nelson Mandela Bay Stadium wearing a special protective cast.

Such an outcome sounds far-fetched, not least since FIFA has yet to rule on whether the cast will be allowed, but Queiroz is anxious not to be caught out by a surprise appearance.

THE ASSOCIATED PRESS

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Draw leaves Italy blue

GROUP F RESULTS

Italy 1 Paraguay 1



Italy opened the defence of its World Cup title with a laborious 1-1 draw against Paraguay yesterday.

Paraguay took advantage of its first shot on goal to take the lead in the 39th minute. Antolin Alcaraz outjumped 36-year-old Italy captain Fabio Cannavaro and Daniele De Rossi for a header following a free kick from Aureliano Torres, and goalkeeper Gianluigi Buffon had no chance for a save.

De Rossi made up for the opening goal by equalizing in the 63rd, sliding in to redirect a corner kick from Simone Pepe. It was a solid start for the AS Roma midfielder, who was suspended for four games during Italy's victorious 2006 run after bloodying the face of United States forward Brian McBride with a sharp elbow.

"We deserved to win," De Rossi said. "We con-

trolled the ball virtually the entire time, but it's not easy against these teams that dream simply of drawing with the world champions. And if you fall behind, it becomes even tougher."

Italy coach Marcello Lippi said the biggest regret "was the result."

"They only approached the goal once and they scored," Lippi said. "We reacted well but you've got to win games like these."

Already without injured midfielder Andrea Pirlo, Italy's fortunes took another hit when it lost perhaps its most valuable player — Buffon — after the first half. The 32-year-old goalkeeper was removed in favour of inexperienced backup Federico Marchetti.

Lippi's side did little to disprove the critics who have labelled the squad as too old to win the title again, with nine players older than 30.

The Azzurri haven't won since beating Sweden 1-0 in a friendly in November, drawing with Cameroon and Switzerland and losing 2-1 to Mexico in their World Cup warmups.

THE ASSOCIATED PRESS



Italy's Daniele De Rossi scores his team's only goal yesterday during a Group F match between Italy and Paraguay.

Buffon aims to play

- Italy goalkeeper Gianluigi Buffon says he can recover from a back problem in time for the Azzurri's next game.
- Italy's next opponent in Group F is New Zealand Sunday — giving Buffon six days to recover.

Sports in brief

GROUP F Keisuke Honda scored in the first half yesterday to lead Japan to a 1-0 win over an uninspired Cameroon in Group F of the World Cup. The win is Japan's first at the World Cup on foreign soil, and puts the Japanese at the top of Group F along with the Netherlands, which beat Denmark 2-0 earlier yesterday.

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**Dutch crack
Danish D**

GROUP E RESULTS

Netherlands 2 Denmark 0



GROUP E The Netherlands needed a couple of lucky bounces to break down Denmark's sturdy defence for a 2-0 win yesterday, despite struggling to live up to its billing as one of the most dangerous attacking teams at the World Cup.

The Dutch took the lead through a fluke own goal in the 46th minute when Denmark defender Simon Poulsen headed a ball off the back of teammate Daniel Agger and into the net, when trying to clear a cross from Robin van Persie. Dirk Kuyt doubled the lead in the 85th when he tapped in a rebound off the post from close range.

THE ASSOCIATED PRESS

World Cup

Not your typical North Korean

Star striker aspires to live like Beckham

He plays like Rooney but behaves more like Beckham. He loves his cars, his rap music and his clothes, and changes hairstyles more often than you can say "Kim Jong Il."

North Korea striker Jong Tae Se is not your average North Korean.

Born and raised in Japan, the 26-year-old forward has never lived in communist North Korea, and says he has no plans to. He loves to shop, snowboard and dreams of marrying Korea's Posh Spice — none of which would be possible in the impoverished North, one of the most isolated countries in the world.

But he wears the Democratic People's Republic of Korea jersey with pride, and is moved to tears when he hears the country's anthem. The boy from Nagoya could become North Korea's biggest international soccer star since Pak Doo Ik scored the goal that knocked Italy out of the World Cup in 1966.

North Korea is back in the World Cup for the first time in 44 years. They were the mystery team in 1966, and they're the mystery team in 2010. Very little is known about the team from North Korea, sheltered players mostly in their early



North Korea striker Jong Tae Se

Born in Japan

- Born in Nagoya to an ethnic Korean family, Jong Tae Se inherited his father's South Korean citizenship but was raised and schooled in his mother's

pro-North Korean community. • He is among Japan's nearly 600,000 "zainichi" ethnic Koreans who live in Japan as long-term residents.

20s with limited international experience.

They make their debut today against Brazil.

Jong is quickly becoming his team's biggest personality and most powerful asset, setting himself apart on and off the field, from his fashion sense to his playing style.

On the pitch, Jong is fast and aggressive, North

Korea's leading scorer with 16 goals in 24 international matches. His impressive play earned him comparisons to England's Wayne Rooney among South Korean media.

This is how he sees himself in five years: Driving a car worthy of a rap star, with a pop star like one of the singers from the Wondergirls — South Korea's version of the Spice Girls — on his arm, and playing for a big-name club in Europe.

"North Korea's Wayne Rooney?" North Koreans hope Rooney will someday be seen as "England's Jong Tae Se."

THE ASSOCIATED PRESS

SCOREBOARD

GROUP A

	GP	W	D	L	GF	GA	Pts
South Africa	1	0	1	0	1	1	1
Mexico	1	0	1	0	1	1	1
Uruguay	1	0	1	0	0	1	1
France	1	0	1	0	0	1	1

WEDNESDAY'S GAME

AT PRETORIA, SOUTH AFRICA

South Africa vs. Uruguay, 2:30 p.m.

THURSDAY'S GAME

AT BLOEMFONTEIN, SOUTH AFRICA

Mexico vs. France, 2:30 p.m.

GROUP B

	GP	W	D	L	GF	GA	Pts
South Korea	1	1	0	0	1	0	3
Argentina	1	1	0	0	1	0	3
Nigeria	1	0	0	1	0	1	0
Greece	1	0	0	1	0	2	0

THURSDAY'S GAMES

AT JOHANNESBURG

Argentina vs. South Korea, 7:30 a.m.

AT BLOEMFONTEIN, SOUTH AFRICA

Nigeria vs. Greece, 10 a.m.

GROUP C

	GP	W	D	L	GF	GA	Pts
Slovenia	1	1	0	0	1	0	3
England	1	0	1	0	1	1	1
United States	1	0	1	0	1	1	1
Algeria	1	0	0	1	0	1	0

GROUP D

	GP	W	D	L	GF	GA	Pts
Germany	1	0	0	0	4	0	3
Ghana	1	1	0	0	1	0	3
Serbia	1	0	0	1	0	1	0
Portugal	1	0	0	1	0	4	0

FRIDAY'S GAMES

AT PORT ELIZABETH, SOUTH AFRICA

Germany vs. Serbia, 7:30 a.m.

AT PORT ELIZABETH, SOUTH AFRICA

Portugal vs. Ghana, 10 a.m.

AT JOHANNESBURG

Portugal vs. Ghana, 10 a.m.

GROUP E

	GP	W	D	L	GF	GA	Pts
Netherlands	1	1	0	0	2	0	3
Japan	1	1	0	0	1	0	3
Cameroon	1	0	0	1	0	1	0
Denmark	1	0	0	1	0	2	0

FRIDAY'S GAMES

AT JOHANNESBURG

Netherlands vs. Denmark, 10 a.m.

AT JOHANNESBURG

GROUP F

	GP	W	D	L	GF	GA	Pts
Italy	1	0	1	0	1	1	1
Paraguay	1	0	1	0	1	1	1

WEDNESDAY'S GAMES

AT NEPLSUT, SOUTH AFRICA

Italy vs. Paraguay, 7:30 a.m.

AT DURBAN, SOUTH AFRICA

Paraguay vs. Italy, 10 a.m.

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Federal regulators in the United States are considering a snack attack on airlines that would restrict or even completely ban serving peanuts on commercial flights. Advocates say the move would ease fears and potential harm to an estimated 1.8 million Americans who suffer from peanut allergies. **THE ASSOCIATED PRESS**

U.S. officials looking to ban peanuts from flights

Health & Beauty

Learning to just 'be'

Meditation can help you unwind from a hectic lifestyle

ROMINA MCGUINNESS
Metro World News



Free your mind, and the rest will follow!
Meditation guru Andy Puddicombe tells Metro how to unleash your mind it the right way

Puddicombe trained as a Buddhist monk in the Indian Himalayas. Today, he's got an office base in London, England where he works as a meditation "guru" to rock stars, elite sportsmen and celebrities. He tells Metro about trying to get people to disengage from the whirlpool that is their thoughts and just "be..."

THE MEANING OF MEDITATION

"In a world where everything is black and white, people are frustrated by things they don't understand," says Puddicombe. "As a technique, it's about sitting in a quiet place, undisturbed for 10 to 20 minutes but as an experience it's harder to explain."

Try and explain the taste of chocolate he says, you can try and describe it, but it's a totally different thing once you eat it in your mouth.

Psychotherapist Marisa Peer trained with meditation expert Deepak Chopra and describes meditation as learning to do nothing more than focus on your breathing, staying still and keeping distractions far away.

SO, WHAT IS IT?

"It's a way of calming the mind," explains Puddicombe. "Once you have attained a degree of stillness, you'll have clarity and better understanding



Meditation can help anyone from rock stars to athletes to accountants.

"You're creating a space where you allow the mind to naturally unwind."

Andy Puddicombe, meditation guru

what is going on around you. Meditation heightens anything from awareness and self-understanding, calm and clarity, to compassion and empathy. It's about knowing how you feel and why you feel it."

SHOULD I MEDITATE?

People who come to Puddicombe have often been referred to him after suffering from depression, anxiety, insomnia, addictive behaviour, anger issues or high blood pressure.

"I treat people stuck in emotional patterns of destructive behaviour, which is a loop people

find hard to get out of. Imagine being stuck on a wheel and spinning around faster and faster without being able to stop. You need to step off the wheel, allowing natural momentum to slow it down. Meditation is about observing the mind, feelings and thoughts and rather than running away from them, perceiving them."

DOES IT REALLY HELP?

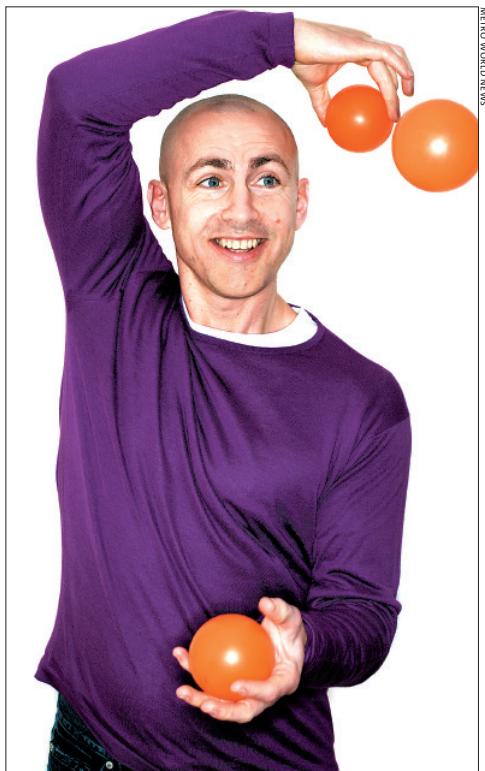
Puddicombe's favorite analogy to explain the benefits of meditation involves a road and a blindfold.

"Imagine you're sitting

on the side of the road with a blindfold, you are aware of the noise, stress and unpleasant surrounding but can't see it. Take off the blindfold and this is where you begin meditating. See the cars as your thoughts, you'll be tempted to stop the flow of traffic but hold back and watch from where you stand. You're creating a space where you allow the mind to naturally unwind."

In essence meditation allows you to step out of an emotional loop and disengage with a pattern of behaviour. A recent study carried out at Harvard Medical School found that meditation led to an increase in blood flow in the prefrontal cortex, associated with positive emotions such as happiness.

The verdict ... just be.



Meditation guru Andy Puddicombe believes that connecting with the entire process of food creation and eating will let people appreciate what they put into their bodies.

Meditative eating

Andy Puddicombe teamed up with British chef Jamie Oliver to promote the concept of "mindful eating."

"Based on the same principles of floor meditation practice, mindful eating is about bringing a sense of presence to the activity of eating. Appreciating your food and being grateful for it in a calm and open manner is key," says Puddicombe.

The campaign wants people to not simply focus on the food they eat, but the entire process, from shopping, chopping and cooking. If you are mindful and present, cooking becomes a pleasurable activity.

"People must learn to put some love into cooking rather than see it as a chore," he explains.

"So many people have issues with food, either over or under indulging, sometimes swinging from one to the other. By being engaged in the moment as you cook and eat, you will be more aware of emotional swings and less likely to cave into cravings signalled by your thoughts. Disengage from these thoughts, make the right nutritional choices, don't rush and appreciate what you put into your body."

**ROMINA MCGUINNESS/
METRO WORLD NEWS**

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Bug eyes? Aviators? With great sunglasses, you can look like a movie star AND keep your eyes safe from the sun.

But what should you look for? Make sure the sticker

says UV400 protection, as this indicates 100 per cent protection from harmful UVA and UVB rays, says Isaac Abenheim, an optician and owner of Yonge Vision in Toronto.

"Buy from reputable stores," he adds. "No flea market sunglasses."

Failing to protect your

eyes from the sun can cause short-term problems such as a sunburn to the cornea. And neglecting your eyes summer after summer over many years can lead to long-term problems such as age-related macular degeneration and cataracts.

Besides making sure you have full UV protection,

here's some more advice on choosing sunglasses, from Health Canada:

- Make sure the lenses aren't so dark that they reduce your vision.
- Medium to dark lenses with a grey, slightly brown or green tint are best.
- Look for sunglasses with scratch-resistant coating.

health & beauty **19**

Fiction can help youths learn about love, sex

The J Spot

Josey Vogels

metronews.ca/thejspot

Recent debates about sex education in schools has sparked a conversation about what kids should — or shouldn't — be learning when it comes to sex.

But frankly, most sex education rarely talks about stuff kids really want to know about; that is how to deal with the emotions, the heartbreak, the negotiations and the confusion involved in being an adolescent whose hormones are just getting kick started.

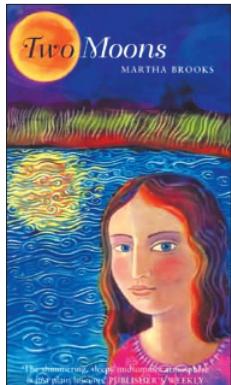
That's where today's glut of young adult fiction can play a role. Fiction is full of characters young people can relate to who are facing things they're facing, or opening their minds up to things others may be going through.

As Virginia Euwer Wolff writes in *True Believer*, a coming of age story of 15-year-old girl that, "In the sex class we have to take by school law where they showed condoms and scared us about AIDS, they said sexuality is the most confusing thing about being a teenager."

"I am sure this is correct because I strained my ears to hear over the racket of kids making a joke of the class waving condoms on their fingers hooting. And also because the sex teacher said it four times."

In her book *Two Moons* in August, Canadian author Martha Brooks grapples with the tangled emotions of a young girl coming to terms with her mother's death one summer, and falling for a boy who moves into her neighbourhood, but who already has a girlfriend.

And Diana Weiler is one



Novels such as *Two Moons* can give young adults a better understanding of the emotions and confusion about adolescence than a school sex-ed class can.

of the few authors who writes books aimed specifically at teenage boys, a group not exactly known for it's voracious reading habits. But if there's anything that's going to get a young guy to turn off the TV or the video game and pick up a book instead, a book that deals with sex is probably a good bet. If it's one that deals with some of the confusing emotions and issues he's currently facing, all the better.

The other brilliant thing about young adult fiction is that it offers another tool for plenty of parents, most of whom, quite frankly, would rather have root canal surgery than talk to their kids about sex.

And let's face it, how many teens really want to talk to their parents about this stuff anyway? That doesn't mean you can leave a pile of books beside your son or daughter's bed and tell them to have a good life. But a good book, offers the opportunity to open the discussion, and to broach some of the issues that might not otherwise come up.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

On the shelves

- Love & Sex: Ten Stories of Truth, Michael Cart (Editor)
- Sticks and Stones, Beth Goobie
- You Don't Know Me, David Klass
- Seven For a Secret, Mary C. Sheppard
- Pedro and Me: Friendship, Loss and What I Learned, Judd Winick

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Extra-virgin olive oil, once the domain of Spain and Italy, is popping up in surprising new places. It's on the up-and-up Down Under, growing in Croatia and is becoming such an industry in South America that a Chilean producer is bringing two products to the U.S. market this year. **THE ASSOCIATED PRESS**

Olive oil industry

Food



Gluten-free baking

When a person suffers from celiac disease, the aroma of home-baked bread, cookies, buns and cakes can be difficult to endure. This is because those with the disease cannot tolerate gluten, a protein in wheat, rye and barley. For those suffering from this condition, Wendy Turnbull, a Calgary-based celiac, has developed, through years of testing, a recipe for a gluten-free flour which she calls GEMS. And now she shares her flour recipes with readers in her new book *Gems of Gluten-Free Baking*. **THE CANADIAN PRESS**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Treat dad to his BBQ favourites

One of the great features of Father's Day is that it takes place in June. The warm and sunny weather is a definite incentive to celebrating outdoors.

And this is where the barbecue comes into play. Here are two dad-friendly recipes for flank steak and sirloin cheeseburgers. Serve with a selection of salads and father will be in seventh heaven.

Tagliata of Flank Steak

MAKES 4 TO 6 SERVINGS
WINE MATCH: CHILEAN CABERNET SAUVIGNON

INGREDIENTS:

- 1 flank steak, about 750 g (1 1/2 lb) and 2 cm (3/4 inch) thick
- Extra-virgin olive oil
- Kosher salt
- Ground black pepper
- 75 ml (1/3 cup) balsamic vinegar
- 2 ml (1/2 tsp) granulated sugar
- 1.5 l (6 cups) loosely packed baby arugula
- 250 ml (1 cup) loosely packed shaved Parmigiano-Reggiano cheese

METHOD:

Lightly brush steak on both sides with oil and season evenly with salt and pepper.

Allow steak to stand at room temperature for 15 to 30 minutes before grilling.

Prepare grill for direct



Celebrate Father's Day this year by firing up the grill for favourites like Tagliata of Flank Steak, above, and Sirloin Cheeseburgers, above right.

cooking over high heat (230 to 290 C/450 to 550 F).

In a small saucepan over medium-high heat, combine vinegar and sugar. Allow mixture to reduce by half, 6 to 8 minutes, stirring occasionally. Remove from heat and let cool.

Brush cooking grates clean. Grill steak over direct high heat, with the

lid closed as much as possible, until cooked to your desired doneness, 6 to 8 minutes for medium rare, turning once or twice. (If flare-ups occur, move the steak temporarily over indirect heat.) Transfer to a cutting board and let rest for 3 to 5 minutes.

Cut steak in half lengthwise and then cut each half across the grain into

thin slices; divide evenly among serving plates. Pour any juices remaining on the cutting board over the steak, and pile the arugula on top.

Drizzle each serving of arugula with oil and the balsamic reduction, season with salt and pepper and top with the cheese.

Recipe source: Weber's On



The Grill: Steak & Sides by Jamie Purviance.

Sirloin Cheeseburgers

MAKES 6 SERVINGS
WINE MATCH: CHIANTI CLASSICO

INGREDIENTS:

- 500 g (1 lb) lean ground beef sirloin
- 1 egg
- 1 clove garlic, minced
- 125 ml (1/2 cup) shredded provolone cheese
- 75 ml (1/3 cup) chopped pitted olives
- 50 ml (1/4 cup) each breadcrumbs and minced onion
- 30 ml (2 tbsp) Worcestershire sauce
- 5 ml (1 tsp) dried Italian seasoning

METHOD:

In a bowl, combine beef,

egg, garlic, cheese, olives, breadcrumbs, onion, Worcestershire sauce and seasoning.

Divide meat into 6 portions. Form into 2-cm (3/4-inch) thick patties. Make a thumb-print depression in centre of each patty (to prevent rounding while they grill). Make ahead: Refrigerate, covered, for 1 hour or up to 1 day.

Grill over medium heat on preheated oiled grill for 5 to 7 minutes per side, testing doneness with a digital instant-read thermometer inserted sideways into centre of each patty to ensure patties are cooked to 71 C (160 F).

Father's Day is this Sunday

Recipe source: Beef Information Centre.

THE CANADIAN PRESS

Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

A Scottish gift

British Petroleum will have an easier time cleaning up that oil spill in the Gulf of Mexico than I ever will figuring out a gift to buy my dad for Father's

Day. He's "Mr. I Don't Need Anything." I bet even the Criminal Minds team couldn't profile their way to the perfect present to give him.

Knowing the obstacles, I usually pick him up a bottle that will broaden his liquid horizons while giving me something to fill my glass with when I visit. The best fallback position is scotch: A spirit that offers as much variety in flavour as wine and, like all hard liquor, will last indefinitely.

While single malts (those made with a single grain

from a single distillery) may be pricy, they're packed with personality drawn from their unique surroundings.

Dad's a fan of the Scottish islands so a whisky like **Highland Park 12 Year Old** (\$59.95 - \$62.95) — a smoky, muscularly malty whisky from northern Orkney — would be right up his ally. I prefer an iodine-infused malt from Islay so maybe I'll go with the **Laphroaig Quarter Cask** (\$59.95 - \$77.49) — a blend of Laphroaigs of various ages — this Sunday. Maybe.



Melon melody to end meal

Mixed Melon Compote

SERVES 4

INGREDIENTS:

- 2 cups fresh strawberries, quartered
- 1/4 cantaloupe, seeded and scooped into balls
- 1/4 honeydew melon, seeded and scooped into balls
- 2 plums, pitted and sliced
- 2/3 cup apple juice
- 3 tbsps firmly packed brown sugar
- 2 tsp lemon juice
- 1/2 tsp grated lemon rind
- 1/4 tsp ground cinnamon

METHOD:

1. In large bowl, combine

strawberries, melons and plums. In small bowl stir apple juice, brown sugar, lemon juice, rind and cinnamon. Pour juice mixture over fruit mixture; toss to coat. Cover and refrigerate 1 hour, stirring once.

2. Evenly divide fruit mixture with juice among 6 sherbet glasses. Serve with cookies.

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Mixed Melon Compote.



Using the same utensils and surfaces to prepare both raw and cooked foods is a health violation.

Risky restaurant kitchen practices

SAFETY Here's an unappetizing thought: A review of restaurant food safety practices found that a typical kitchen worker cross-contaminates food with potentially dangerous pathogens about once per hour.

Among the risky behaviours cited were workers using aprons and other garments to dry hands, as well as using the same utensils and surfaces to prepare both raw and cooked foods, according to a review by a North Carolina State University researcher.

Both practices are considered health violations, said Ben Chapman, an assistant professor and food safety specialist who used video cameras in eight restaurant kitchens to monitor worker food safety habits.

Americans experience about 76 million foodborne illnesses a year. While most of these cases are mild and don't have long-term symptoms, foodborne illnesses cause about 5,000 deaths annually, according to the Centers for Disease Control and Prevention. From 1998 to 2004, the latest figures available, more than 50 per cent of foodborne disease outbreaks reported to the CDC were associated with restaurants or delicatessens.

THE ASSOCIATED PRESS

In brief

GRILLING TIPS When it comes to grilling delicate seafood, here are some important tips to ensure success:

- Always use a good coating of olive oil on the fish or shellfish to keep it from drying out.
- When grilling shrimp, large and jumbo sizes are the only ones to use. The jumbos are best because they are less likely to fall through the cooking grates.
- On the grill, scallops, oysters and mussels gently pop open when they are done. Be sure to discard any that don't as consuming them can be harmful.

THE CANADIAN PRESS



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Join us on Thursday, June 17 at 6:30 pm in Room BA301, Clayton Carroll Automotive Centre.

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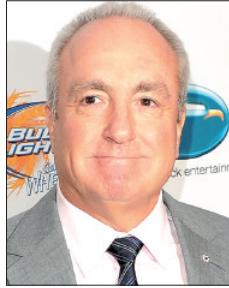
sait
POLYTECHNIC

Daniel Radcliffe wore his Harry Potter attire for the last time this week as shooting wrapped on the final instalment of the series. "Everyone was really devastated. It was really, really sad," Radcliffe said Sunday. "We're crying quite a lot." **THE ASSOCIATED PRESS**

The end of Harry Potter

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA



Lorne Michaels

Lorne Michaels honoured with special Emmy

PEOPLE The Canadian creator of Saturday Night Live is being honoured with an International Emmy Award.

Lorne Michaels will receive the International Emmy Directorate Award at the 38th annual International Emmy Awards gala on Nov. 22 in New York City.

The organizers of the award say they're honouring Michaels for founding SNL, which "reinvented comedy on television and launched a generation of major film and TV stars."

Michaels is also executive producer of 30 Rock and Late Night with Jimmy Fallon.

Saturday Night Live has been on the air for 35 years and is broadcast in about 130 countries.

THE CANADIAN PRESS

New music invasion

More than 650 bands from around the globe take over North By Northeast

The Audio Files

Bryan Borzykowski
metronews.ca/music

This weekend more than 650 bands from around the globe will descend on Toronto for the 16th annual North By Northeast music and film festival. While plenty of big name acts are on the bill — Iggy Pop and the Stooges and Eagles of Death Metal to name two — it's the lesser-known Canadian acts who stand to benefit the most from the music hungry crowds. With that in mind, here are five acts from across the country likely to make some noise.

Kate Rogers Band: Choosing one Ontario group to see is almost impossible, but my pick goes to the Kate Rogers Band, an incredibly infectious Toronto-based rock act. There's a good chance you haven't heard of Rogers — she moved to the Big Smoke after spending



Montreal's Hollerado, above, plays loud, brash music that's filled with hooks, while Calgary's Women, right, play a twisted brand of indie rock.

eight years in the U.K. — but that should soon change. Her music blends folk, country, Brit-pop and rock, and while the tunes are memorable, it's her rich voice that really stands out.

Hollerado: Montreal's Hollerado has had a career a lot of young bands dream of — critical acclaim, a gig opening for Jack White and a battle of the bands win that netted \$250,000. Listen to debut, Record in a Bag, and you'll quickly see why they're doing so well. The foursome plays

straight-up rock 'n' roll — their music is loud, brash and filled with hooks. Think Supergrass-meets-Thrush Hermit-meets-Weezer.

Japandroids: Vancouver's Japandroids don't need my vote — they've already played to packed crowds at Bonnaroo, Hillside and South by Southwest — but I'll give it to them anyway. This garage rock duo oozes unbridled energy. Their ear-splitting, fuzzed-out guitars and heavy drums are straight out of the early '90s. But

this isn't a nostalgic look back — the twosome's frenetic pace and off kilter harmonies sound fresh.

Old Man Luedecke: Everyone loves a banjo, right? Well, at least I do, which is why I'm recommending one of Canada's best finger picking songwriters, Chester, N.S.'s Chris Luedecke. The Juno winner has been around for a while — his first album was released in 2003 — but his bluegrass, alt-country combo is only getting better.

Women: Women are not

The survivor

Paula Abdul is optimistic that American Idol will survive after the departure of Simon Cowell. "I don't see an end to Idol, I see that there will be many changes," said Abdul. **THE ASSOCIATED PRESS**



an easy band to define, so you'll have to go see this Calgary foursome yourself. But the group — who've backed Chad VanGaalen — play a twisted brand of indie rock, spewing out weird noises, Beach Boys-like harmonies, bizarre breakdowns and strange atmospheric noises while putting something together that's astoundingly pleasant to listen to.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic



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Quebec director nabs top prize at Aussie film fest

Emerging Quebec director Xavier Dolan has been awarded another honour: this time it's the 2010 Sydney Film Prize. His film *Heartbeats* won top prize at the Sydney Film Festival for its "witty and insightful script and strikingly playful use of cinematic language." **METRO NEWS SERVICES**

A Spektor of success

'Anti-folk' chanteuse revels in her creativity

Relaxing backstage at the Bonnaroo Music & Arts Festival, Regina Spektor is startled when a cold glass of carrot juice is suddenly placed before her.

"This is nice," she exclaims. "This is a nice life."

For the last year, Spektor has been touring her fifth album, *Far*, which followed her 2006 breakthrough, *Begin to Hope*. That album sold more than a million copies worldwide, and *Far* debuted at number three on the Billboard charts.

The 30-year-old, classically trained pianist, whose family emigrated from Russia to New York when she was 9 years old, recently performed at the White House for Jewish Heritage Month — an experience she's still glowing about.

She's also writing the music for a musical inspired by *Sleeping Beauty* planned for the 2011-2012 Broadway season. It could be a fitting pairing for Spektor, who, since emerging from New York's "anti-

folk" singer-songwriter scene, has shown a penchant for songcraft, particularly songs with fully fleshed characters.

Q Has this tour been different from previous tours for you?

A This has been my funnest year of touring ever. Nothing to do with people — the people who come to my shows have always been amazing. It's not, "People finally got nice!" It's more that I've kind of learned how to have enough energy and stamina to do it. ... You stop being super scared. I used to be like, "Oh, my god, I'll lose my voice!" Then you get to a point where you're like, "If I lose my voice, then I'll play these songs and I won't play these songs that I won't be able to hit."

Q How do you think living in New York City has affected your music?

If you're interested in characters and stories and people's lives and communication and connections and how people interact with themselves and each other and the world — it's the ultimate place to be. Granted, you're missing out on other things, like sky and peace and quietude — things that maybe allow you to be more in touch with yourself. But if you're really interested in being an observer, it's the ultimate place to be.

Q You write songs about characters almost exclusively.

A I've always really loved fairy tales and stories. They were always read to me and told to me. I get stuck on story, basically — the combination of plot and emotional details. It's all very personal in the way that you get to experience them through yourself. It's filtering and processing through your mind,



Regina Spektor performing at the Bonnaroo Music & Arts Festival this past weekend in Tennessee.

through your chemistry, through your everything. ... I like that. I like that idea that it doesn't feel completely like (in deep voice) I BUILT THIS THING. It's a combination, but it's also not completely cold and cerebral.

Q How is the new musical (*Sleeping Beauty*) coming along?

A It's a lot of work. I have a lot to write. Who knew that writing musicals is not that easy?

Q Do you see yourself continuing in theatre after this?

A I haven't gone through the entire process. From what I understand, it can be brutal. **THE ASSOCIATED PRESS**

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24 entertainment

Spawning new lawsuits

COMICS The fate of the world doesn't hang in the balance, but a lot of money probably does.

Science-fiction writer Neil Gaiman and former Spider-Man artist Todd McFarlane's attorneys have been sparring for years over Gaiman's claims to a handful of characters created for McFarlane's classic Spawn series, which

features a murdered CIA agent who becomes a demon. Now Gaiman insists McFarlane owes him for three more characters — a demon named Dark Ages Spawn and two avenging angels in thong bikinis. A federal judge in Madison had scheduled a hearing yesterday to listen to both sides' arguments.

THE ASSOCIATED PRESS

Tell us what you are recording today:

PVRTweets



@Gimzatron Blue Jays baseball, NBA Finals Game #6, Glengarry Glen Ross and The Terminator
@planet_kara SpongeBob SquarePants, Two and a Half Men and Big Bang Theory
@FerCarneiro World Cup Soccer
@pipseymour Little Couple and Cake Boss
@JaclynDeslippe World Cup Soccer and Hell's Kitchen
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Forget the VJ, MTV to hire TJ

Twitter jockey to network, help influence on air television

MTV officials say the search is on for a new social media maven who will engage with the MTV audience and serve as a liaison between viewers and network honchos.

MTV general manager Stephen Friedman called the TJ position "a natural evolution of how we connect with our audience."

The network has identified 18 potential candidates and is asking its audience to find two more. The 20 hopefuls will compete in a series of online challenges this summer designed to reveal their personalities and demonstrate how they connect with Twitter followers.

Five finalists will ultimately compete on a live show Aug. 8, when fans will pick who gets the new job.

"The hope is that this person will be dynamic, engaging and energized, an enthusiast within the social media world," said Dave Sirulnik, the executive overseeing the contest. "Somebody who will represent the audience by



JEFF CHRISTENSEN/THE ASSOCIATED PRESS

Remember the MTV VJ? That's so two decades ago. Now the network is looking to hire its first TJ, or Twitter Jockey

taking their thoughts and questions and ... through an ongoing dialogue with them, be able to bring those questions inside the walls here to the people who make MTV."

The new Twitter Jockey will report on MTV events, such as the Video Music

Awards in September, and appear on-air periodically.

"While they won't be on TV the way VJs were," Sirulnik said, "they will always be on."

Insight MTV executives gain through the new online representative's interaction with fans could in-

fluence programming and network decisions, Friedman said.

"Twitter and Facebook enable us to make smarter decisions," he said. "This will benefit us hopefully as much as it benefits the audience."

THE ASSOCIATED PRESS

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
6/15/10	267	351	- ACCESS	Alberta Primetime (Live)	Raising the Bar	Corky Romano * (2001, Comedy) Chris Kattan, PrimeTime					
	243	317	3 CFBN	etalk	Access H.	The Mentalist	CSI: Crime Scene Invstgtn.	Criminal Minds	CTV News		
	-	- 4	OMNI	King	The Simpsons	Omni News: S. Asian Edition	Omni News: Cantonese Edition	Two/Half Men	Two/Half Men	Metropia	
	371	351	5 KXLY	USA Basketball	Finals, Game 6 -- Boston Celtics at Los Angeles Lakers.		Jimmy Kimmel	News	Inside Edition	Entertainment	
	245	306	6 CBRT	Laughs	World Cup Soccer Match of the Day.		NCIS: "Ignition" (HDTV)	NCIS: Los Angeles	News Hour	CBC News: The National	Soccer
	244	338	7 CICT	ET Canada	Entertainment	The Good Wife "Fwed"	NCIS: "Ignition" (HDTV)	NCIS: Los Angeles	News Hour	America's Got Talent (N)	EP Daily
	246	- 8	CKAL	Survivorman (DVS)	Hell's Kitchen (PA)	Feeding hungry college students. (N)	Beautés désespérées (SC)	Bons baisers de France (SC)	Le Téléjournal	Sports FIFA	Kiwis/hommes
	119	705	9 CBXFT	Squelettes	Tout					Local Programming	
	-	- 10	SHAW	(6) Local Programming							
	-	372	12 KREM	News	Access H.	The Doctors	NCIS: "Ignition" (HDTV)	NCIS: Los Angeles	The Good Wife		
news	-	374	14 KSPS	PBS NewsHour (N)	NOVA (DVS)	Masters of the Arctic Ice	Frontline (DVS)	New Recruits			
	500	390	15 CBC	CBC News: The National	CBC News: the fifth estate	CBC News: The National	CBC News: The National	fifth estate			
	-	370	16 KHQ	News (N)	Millionaire	Jeopardy! (N)	Wheel-Fortune	America's Got Talent	America's Got Talent (N)	Losing It-Jillian	
	-	373	22 KAYU	The Office	Raymond	Two/Half Men	Two/Half Men	Hell's Kitchen (PA)	Feeding hungry college students. (N)	News	
	297	652	37 WPIX	Life Unexpected (HDTV)	PIX News at Ten (N)	Two/Half Men	Friends	Friends	According-Jim	Family Guy	
	500	500	29 CNN	Larry King Live (N)	Anderson Cooper 360 (HDTV) (N)				Larry King Live	Cooper 360	
	500	502	31 CNN2	The Joy Behar Show	Nancy Grace	Showbiz Tonight	The Joy Behar Show	Nancy Grace			
	400	400	21 TSN	(6:30) NBA Basketball Finals	Toronto Blue Jays at San Diego Padres. From PETCO Park in San Diego.				SportsCentre	NASCAR Racing	
	408	418	26 net	MLB Baseball	MLB Baseball	Toronto Blue Jays at San Diego Padres. From PETCO Park in San Diego.					
	410	403	30SCORE	European Poker Tour	FIFA World Cup Tonight	Score Now	Score Now			Cup Tonight	
sports	411	457	44 OLN	Operate-Repo	Operate-Repo	UFO Hunters	Destination Truth	Operate-Repo	Operate-Repo	Ghost Hunters	
	417	406	48 SPEED	Bullrun (HDTV)	Race in 60 (HDTV) (N)	Monster Jam (HDTV)	Bullrun (HDTV)	Race in 60			
	552	542	20 YTV	ICarly	To Be Indie	That's-Weird	Family Biz	Malcolm-Mid.	8 Simple Rules	Family Biz	To Be Indie
	557	541	39 FAM	Ham. Montana	Wizards-Place	Sonny-Chance	Suite Life	Overruled!	Ham. Montana	Wizards-Place	Lated Buzz
	555	545	67 TOON	Jimmy Two	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
	575	583	11 CMT	According-Jim	According-Jim	Home Improve.	Home Improve.	Meet-Wilsons	Meet-Wilsons	Amer. Funniest Home Videos	Reba
	553	546	17 TREE	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan
	505	398	19 TWN	(5) EarthWatch One	EarthWatch One	EarthWatch One	EarthWatch One				
	602	568	23 W	House-Sell	House	Kim	How Clean	Style by Jury	Beauty Call	Beauty Call	To Have Hold
	526	560	24 TLC	Happy Family	Happy Family	Little Couple	Cake Boss	Cake Boss	Happy Family	Happy Family	Little Couple
family	606	561	25 FOOD	Chef Abroad	Chef Abroad	Chefs vs. City	Restaurant Makeover	Diner, Drive-In	Unwrapped	Dinner Imposs.	
	615	520	26 A&E	The First 48 (HDTV)	The First 48 (HDTV)	The First 48 "Last Wish"	The First 48 (HDTV)	(10:01) The First 48		The First 48	
	617	522	32 SHOW	Trailer Park	Trailer Park	The Guard (HDTV)	Premotion (2004, Suspense)	Casper Van Dien.		Californication	
	601	562	33 SLICE	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada	What Happen?	Housewives/OC	Housewives
	-	633	43 ENC2	(7:10) Hollywood/Hollywood ** (2002, Romance-Comedy)			Go *** (1999, Comedy-Drama), Taye Diggs	(10:43) Loser ** (2000)			
	520	505	35 DISC	Destroyed	Destroyed	Deadliest Catch (N)	Daily Planet	Destroyed	Destroyed	Deadly Catch	
	620	523	36 BRAVO	Altered by Elvis		Spectacle: Elvis	Law & Order: "Merger"	Without a Trace		Glengary/Glen	
	294	650	40 WPCH	MLB Baseball: Rays at Braves	Seinfeld	Seinfeld	Law & Order: SVU	Family Guy	Family Guy	Rent **	
	624	547	41 COM	Just for Laughs	Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Conchords
	-	539	42 TCM	(6) Will Penny (1968)	Monte Walsh *** (1970, Western)	Lee Marvin.			Ride the High Country (1962, Western)		
cable variety	628	584	43 SPIKE	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV) (N)	Blue Mountain	Blue Mountain	Real Vice	Real Vice	CSI: Crime Scn	
	522	516	45 HIST	Greatest Tank Battles	Ancient Weather (HDTV)	Cities of the Underworld	Pawn Stars	Pawn Stars	MysteryQuest		
	627	528	46 SPACE	The Listener (DVS)	Defying Gravity (DVS)	Stargate SG-1 (DVS)	Doctor Who	Judging Amy	Missing		
	-	47	46 AMC	(6) Outbreak ** (1995, Suspense)	Dustin Hoffman.	Rubicon	Sneak Preview	The Terminator (1984, Science Fiction)			
	619	525	49 TROP	Restaurant Makeover	Colin & Justin's Home Heist	Wife Swap	Wife Swap			Chief's-Champ	Tears
	600	564	50 HGTV	Sarah's House	House Hunters	Holmes on Homes	Sarah's House	Genevieve	Design School		
	501	591	52 CTV	CTV News Tonight	CTV News	CTV News	CTV News	CTV News	CTV News		
	508	508	7 BNN	Squeeze Play	Business News	Commodities	Market Call Tonight	Headlines	Commodities	Squeeze Play	
	526	507	92 VIVA	The Closer "Pilot"	Cold Case "The House"	Psychic Inv.	Encounters	Judging Amy	Missing		
	269	350	93 APTN	Fish Out of Water	Mixed Blessing	renegadeparents	Rabbit Fall	Arbor Live	Beyond Words	Chief's-Champ	Tears
news	-	- 94	MCP	World News	News	Wang Gui	Immortal Yi, So	Il Caffe	In Germany	Euromaxx	Schauplatz
	571	581	100 MMM	mmtop10ca	HammerTime	Gimme Sugar	The O.C.	HammerTime	Gimme Sugar	Music	
	570	580	101 MM	Hard Times	Hard Times	Degrassi: TNG	UR11	Pretty Little Liars	Style'd		
	581	566	102 MTV	The City	The Hills	The Hills	After	MTV Live	Sex, News-Roll	The City	The Hills
	-	- 116	TV5	Partir autrement	ADN: Accel.	Nouva	TV5 Le Journal	(9:35) La Grande Librairie	(10:35) Taxi Casablanca		

critics'corner

The Good Wife

As her husband's legal team continues to work on his appeal, Alicia discovers evidence of possible jury tampering in her firm's class-action suit against a pharmaceutical company in "Fixed." 8 PM on CICT; 11 PM on KREM



Will Penny

One of the best adult Westerns made to date, writer-director Tom Gries' 1968 character study casts Charlton Heston in the title role of a cowboy who patrols for trespassers on a ranch. His own home becomes the shelter for two uninvited visitors, a mother and son. They all share the cabin during a long winter. Gries' son Jon Francis — later known as Jon Gries — plays the boy, with Joan Hackett as his mom. 6 PM on TCM

Anna and Kristina's Beauty Call

This one's for you, guys. In the new episode "Old School," Anna and Kristina help a firefighter named James achieve a classic Las Vegas look, with Lawrence Zarian, aka "The Fashion Guy," passing judgment on the results. Dr. 90210 weighs in on male style, and the girls offer tips on picking the right socks. 10 PM on W

Banff Awards injecting some Enthusiasm

TELEVISION The biting comedy Curb Your Enthusiasm and the drama In Treatment have won two big fiction prizes at the Banff World Television Awards.

The two HBO series were among the winners in the first of five ceremonies honouring the best in fiction, non-fiction, film, special achievement and digital programming.

Trophies were set to be handed out over four days, with winners drawn from 900 entries from more than 40 countries.

Other winners Sunday included the NFB's Molly in Springtime, for best animation; the BBC's Bill Bailey's Remarkable Guide to the Orchestra, for best music & variety program and Nickelodeon's TeenNick HALO Awards, for best youth program.

The awards, also known as The Rockies, are part of the Banff World Television Festival.

It runs through Wednesday.

THE ASSOCIATED PRESS



Larry David

Film sound pioneer honoured with Weaver's help

Sigourney Weaver has helped Auburn, N.Y., honour the man who brought sound to motion pictures. The Avatar actress was present at a ceremony which feted Auburn native Theodore Case, who pioneered a method to put sound on film in 1916. **THE ASSOCIATED PRESS**

entertainment 25

A Fox among the fans

Jonah Hex star not afraid to take on comic-book roles

NED EHRBAR
Metro World News

Megan Fox obviously knows a thing or two about fame and the media spotlight, with her every move and utterance chronicled since her breakout role in *Transformers* three years ago. And she knows that not everyone can handle it.

"People who make it to this level of fame for whatever reason — whether it's deserved or not — you have to be a strong person to survive it, because it is very difficult to be under the microscope every moment of every day," she says.

"Everything that leaves your mouth becomes this sensationalized news story no matter what your intentions were when you first said it, so it becomes overwhelming."

What keeps it from overwhelming her, she explains, is the people closest to her. "I've maintained the same relationships that I've had before this happened to me," she says.

It's those relationships — and a surprisingly homebound nature — that keep her from following down the path of someone like Lindsay Lohan.

"I sort of distanced myself from the Hollywood crowd. I don't really go out and socialize that way. Oddly, you wouldn't think it, but I'm very domestic. I think that keeps me sane. My personal relationships



Megan Fox and Josh Brolin get stuck in Jonah Hex.

have kept me grounded."

After two *Transformers* films, Fox famously parted ways with director Michael Bay's franchise. But that doesn't mean she's through with big-budget action movies.

"I like working on action films, and I like working on movies that are comic book-based or that have this sort of thing, because they're things that I watched or I loved when I was a kid," she says.

And it's that affinity that brought her to her latest

film, *Jonah Hex*, based on the comic book about a scarred cowboy bounty hunter (played in the film by Josh Brolin).

The film posed some technical difficulties for Fox, though.

"It was really difficult for me to shoot the old-style gunslinger guns because I have tiny little baby hands," she says. But one thing she didn't mind was her costume, featuring an impossibly tight corset — or not so impossibly, to hear Fox tell it.

"I loved the corset," she

"It was really difficult for me to shoot the old-style gunslinger guns because I have tiny little baby hands."

Megan Fox

insists. "Everyone thought I was in pain or I was hurting, that something was wrong with me because my waist was so small. But I enjoyed it. I wish that they would come back into style."

Working on a comic book adaptation, Fox knew there would be a risk of upsetting the core *Jonah Hex* fans. But she refused to worry about it.

"I love them, but it's impossible to please the hardcore comic book fans, because they'll never be happy no matter what you do," she says.

And Fox has a surprising insight into the fans' mindset: "Because I'm a Lord of the Rings fan, I'll go on the forums, and they complain that, like,

Frodo is eating the lembas bread outside of Mordor instead of the Mines of Moria, and they get really mad," she says. "And Peter Jackson and company won, like, 30-something Oscars for that. So you can't focus completely on pleasing them, because you'll never win."

DVD picks

The Book of Eli

Director: **Albert Hughes**

EIGHTEEN MONTHS

ago, *The Book of Eli* might have been viewed as scorching satire on the swapping of White House occupants, from Bush to Obama.



DENZEL WASHINGTON, GARY OLDMAN

ALBERT HUGHES

2010

149 MINS

PG-13

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Gary Coleman's friend and former manager will give up the fight to be appointed the special administrator of his estate, his attorney said yesterday.

Dion Mial says he will no longer seek to be special administrator of Coleman's estate because a more recent will has surfaced. **THE ASSOCIATED PRESS**

Celebrity Buzz

Follow these celebrities on Twitter...

CelebTweets

RUSSELL CROWE is tweeting from the grave, **AMANDA BYNES** is looking to clean house, **JUSTIN BIEBER** is a fan of manners, and **JESSICA SIMPSON** actually retained some information.

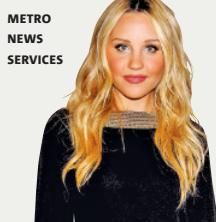


@russellcrowe Unable to answer tweets fell off a mountain in Austria, all over red rover. Don't know how I got there, but the media are never wrong. G'Bye.

@chicky Quick question, how can I unfollow everybody I follow on Twitter without everybody freaking out on me?

@justinbieber I love please and thank yous.

@jessicasimpson Random fact: the jalapeno was the first pepper taken to space.



METRO
NEWS
SERVICES

Wanted: Assistant with flexible moral standards

MUST BE GOOD WITH ADULTS WHO ACT LIKE SPOILED CHILDREN, HAVE AN INFINITE RESERVE OF CREATIVE EXCUSES, AND DOES NOT MIND TAKING THE RAP FOR ILLEGAL DRUG OR ALCOHOL-RELATED ACTIVITY. PRISON TIME MAY BE REQUIRED Lindsay Lohan's assistant recently quit, and the actress' pals are worried she may have lost her lifeline, according to TMZ. Sources tell the website that Lohan is having difficulty finding anyone reli-



able to hire as a new assistant, and without one they worry she won't be able to keep the appointments that could keep her out of jail. Lohan even relied on her assistant to drive her to appointments and court-appointed alcohol education courses, as the actress is prohibited from driving.

METRO
WORLD
NEWS

Jackson dad blames wife for MJ's death

DENIAL. NOT A RIVER IN EGYPT. POSSIBLY A JACKSON FAMILY PATRIARCH As the anniversary of Michael Jackson's death approaches, Joe Jackson is busy blaming Katherine Jackson for their son's passing, recounting an argument they had last June to News of the World. Joe tells the newspaper he was concerned that Michael was "looking kind of funny and frail" and asked Katherine to check

in on him. "But she didn't want to do that because she was afraid she was invading his privacy," Joe says. After Michael



passed away, Joe says he told Katherine, "This would have never happened if you had gone and been with him."

METRO
WORLD
NEWS

More secrets and lies from the Monjack files?

SEE? RICH, BEAUTIFUL STARS HAVE TO OVERCOME EXTREME HARDSHIPS, TOO

Kylie Minogue is coming to terms with growing older and has ditched her Botox habit. "I stopped using it a while ago," she tells Hello magazine. "I have lines on my face now, and that's OK." She also insists she'll never get plastic surgery. "You're not yourself if you do that," the Australian singer says.



METRO
WORLD
NEWS

Franco hits up pride parade

FOLLOWED BY A SERIES OF COMPLETELY UNINTELLIGIBLE STATEMENTS. TEN BUCKS IF YOU CAN FIGURE OUT WHAT ON EARTH HE JUST SAID James Franco turned heads over the weekend when he showed up at Los Angeles' Gay Pride celebrations, but it was all in the name of art. Franco was there with drag performer Kalup Linzy to make a short film about Linzy for Franco's return to the soap opera General Hospital later this year. "I



thought it'd be interesting if I took a real artist that was inspired by soaps,"

Franco tells World of Wonder. "And then [he's] in a real soap opera doing their own version of contemporary art."

Franco has been plagued by rumours concerning his sexuality, but has shrugged them off in the past. The award-winning actor surprised fans and industry players alike when he announced last year that he was going to be taking a recurring role on daytime soap opera General Hospital.

METRO
WORLD
NEWS

'Suspicious' Montag hires private eye

AND THEN GETS COMPLETELY TRIPPED UP BY THE WORLD 'PRIVATE' LIKE, WE'RE TALKING NOT EVEN ABLE TO GRASP THE CONCEPT With their marriage officially on the rocks, Heidi Montag and Spencer Pratt are now accusing each other of infidelity, with Montag even going so far as to hire a private investigator, according to Radar Online. "She is very anxious to find out if her suspicions and the rumors are true, especially if he's spent any money on another woman," a



source says. "Heidi has hired a former member of the sheriff's department, who now works as a private investigator, to look into it. It is really important to Heidi to find out if Spencer has been cheating on her."

The former Hills stars are known for their elaborate publicity stunts, and critics are saying this is simply another bid by Montag and Pratt to draw attention to themselves.

METRO
WORLD
NEWS



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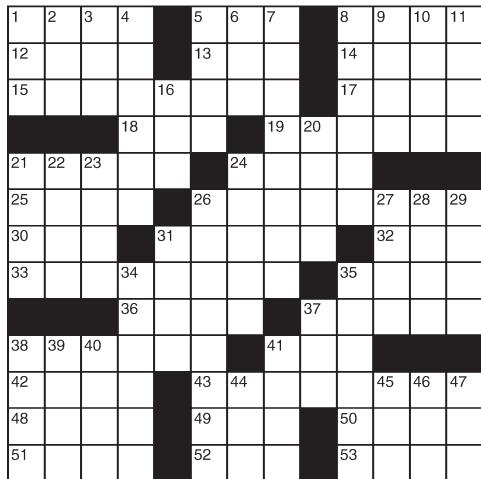
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Take Five



ACROSS

- 1 Snatch 42 Ringlet
5 Vacationing 43 Terrier type
8 Lion's pride? 48 Jason's ship
12 Its three 49 Wildebeest
largest cities all 50 Winged
start with C 51 Online journal
13 Prohibit 52 — out a living
14 Culture 53 React with
medium 54 boredom
15 "Candide" 55 Gives a darn
author 56 Punic Wars city
17 A huge amount 57 Little lice
18 Sound of 58 Send forth
disapproval 59 Agile
19 Chewy candy 60 Regimen
21 Stem 61 Having hands,
24 Despot as a timepiece
25 Give as an 62 Half the weekend
example 63 Whopper
26 Egyptian 64 Wound cover
capitalists? 65 Pitch hard
30 Fuss 66 Therefore
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32 Mischiefous 68 Squid squirt
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48 71 Sea eagle
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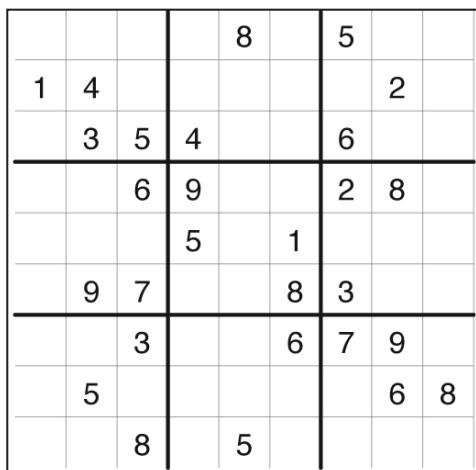
DOWN

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17 A huge amount 2 Pi follower
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disapproval 4 Carafe, e.g.
19 Chewy candy 5 Last write-up
21 Stem 6 Distant
24 Despot 7 Overly excited
25 Give as an 8 Ripe
example 9 Enthusiastic
26 Egyptian 10 "Peter Pan"
capitalists? 11 Pooch
30 Fuss 12 Formerly,
13 Challenges formerly
14 Culture 15 Arctic diving
medium 16 Bird
33 Good as new 20 Galley array
35 Use a teaspoon 21 Cicatrix
36 Profits 22 Ocean motion
37 Lascivious 23 At the summit
38 Scabbard of
40 Can material

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

E	M	S	R	A	I	D	S	R	U	M	4	1	7	9	6	5	2	8	3
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D	R	A	M	A	M	I	N	E	E	I	3	5	9	7	2	8	6	1	4
I	D	A	T	R	I	X	I	X	I	E	5	9	4	8	7	1	3	2	6
S	A	D	D	E	N	S	E	T	A	E	2	7	3	6	5	9	1	4	8
A	T	E	R	A	P	S	E	M	I	S	5	9	4	8	7	1	3	2	6
N	O	T	E	C	I	A	M	I	R	E	2	7	3	6	5	9	1	4	8
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R	H	O	S	I	N	D	E	N	T	E	6	3	5	1	8	7	4	9	2
A	L	M	O	S	T	S	M	U	N	O	9	4	1	5	3	2	8	6	7
L	E	I	H	I	S	T	A	M	I	N	7	2	8	4	9	6	5	3	1
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On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20



TAURUS APRIL 21-MAY 20



Some habits are easy to break but others are exceedingly difficult to change and one such habit will cause you a certain amount of grief today.

If you force yourself to do something you don't think you'll enjoy today you may be surprised to discover that it's not so bad after all.

LIBRA

SEPT 23-OCT 23



Something that was easy yesterday will for some strange reason be difficult today, but you must not use that as an excuse to give up on it.

SCORPIO OCT 24-NOV 22



You may find it hard to get along with certain people but you should make the effort nonetheless. Today few things will faze you.

TAURUS

APRIL 21-MAY 20

GEMINI MAY 22-JUNE 21



You may find yourself under pressure from colleagues and friends to do things that seem wrong or immoral. Always be true to yourself.

SAGITTARIUS NOV 23-DEC 21



It may not be easy turning down a proposal of some kind but if your instincts tell you to steer clear it would be foolish not to take note.

CANCER JUNE 22-JULY 22

Actions always speak louder than words, so do what has to be done today and don't worry that others might not understand your reasons.

CAPRICORN DEC 22-JAN 20



Is it possible to have too much of a good thing? Maybe, but you're not about to let that bother you, not when everything is going so well that life is a breeze.

LEO JULY 23-AUG 23



Don't let money worries limit your horizons. You may think you cannot afford to go out and have fun but you can if you use your imagination.

AQUARIUS JAN 21-FEB 18



You may be anxious about a money matter or work issue that is outside your control. Focus your attention on other more enjoyable things.

VIRGO AUG 24-SEPT 22



Everything seems to be falling into place at the moment, but there is a danger you could spoil things by focusing on minor failures.

PISCES FEB 19-MARCH 20



It may seem as if someone is deliberately ignoring you but appearances can be deceptive. Most likely they are so caught up in their own worries.



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Metro Recipe of the Day



Corn Chowder with Ham

INGREDIENTS:

2 cups frozen corn
1 3/4 cups low-sodium chicken broth

1 yellow onion, chopped

1 medium-size potato or

parsnip, peeled and cubed

1 cup chopped sweet green, red, and yellow pepper

1 tsp dried marjoram leaves

1/4 tsp each salt and black pepper

1/2 cup 1% milk

2 tbsp all-purpose flour

1 cup bite-size pieces cooked low-sodium ham

green pepper, marjoram, salt and white pepper. Bring to boil. Lower heat and simmer, covered, 10 minutes or until potato is almost tender, stirring occasionally.

2. In small bowl, whisk milk and flour. Stir into corn mixture. Cook, stirring constantly, 2 minutes or until thickened and bubbly. Stir in ham. Cook 2 minutes more or until heated through.

SERVES 4

rd.ca

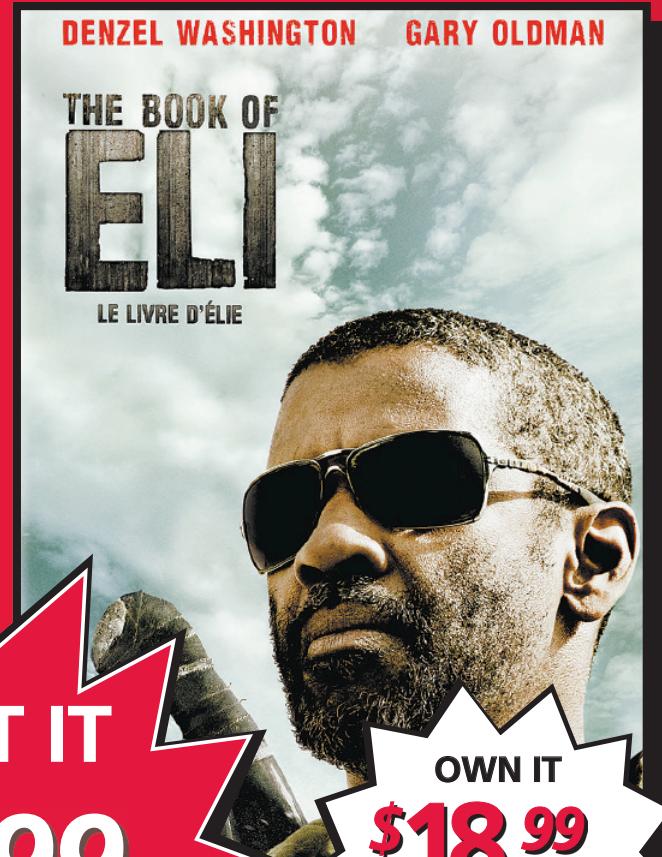
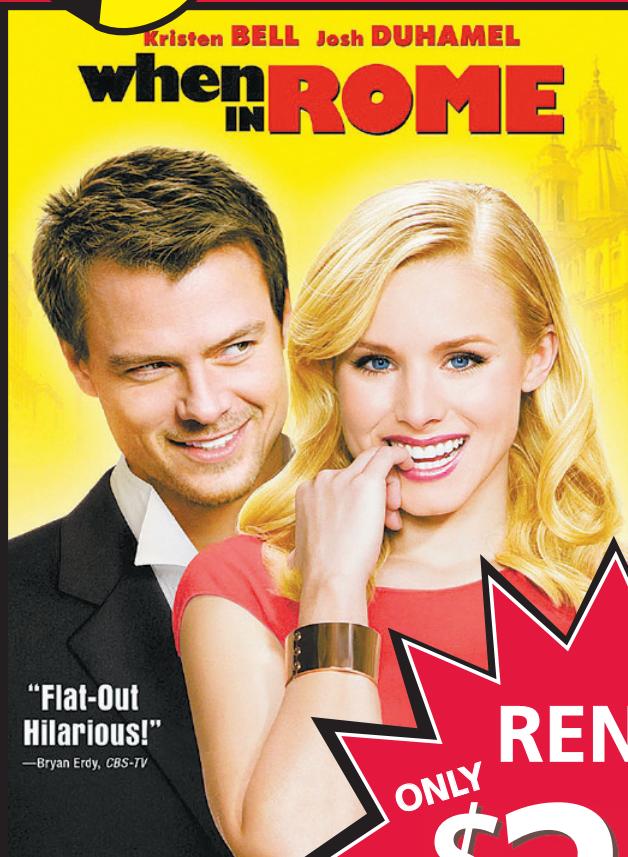
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



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